

A New Canada ■ VA's Construction Crisis ■ Pension Tension

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The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its 2.7 million members. These wartime veterans, working through 15,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.

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John Raughter

Ridiculous extremes

It is a sad and pathetic day in the history of our country when we are required to treat prisoners of war like guests in a four-star hotel ("Inside the Wire," May). Because of the misguided influence of left-wing politicians and judges – folks who, in their hydrophobic zeal to discredit the president, will sympathize with and sell us out to our enemies – we have gone to ridiculous extremes to accommodate the barbarians housed at Gitmo. What other country has ever stooped to such

nonsense? There is little reason why any country, let alone our enemies, should have any respect for us or believe we are serious about anything when we have succumbed to such foolishness. Judges want to turn Gitmo and other military prisons into havens for jailhouse lawyers. What's next? Will we have to "Mirandize" POWs? Treating wars like domestic civil or criminal matters is a mistake. If we need any further proof of the consequences of doing so, we have to look no further than the Clinton administration's lack of intestinal fortitude to treat international terrorism as anything more than a law-enforcement matter. The result, for all those who seem to forget, was Sept. 11, 2001.

The same folks at work at Gitmo are trying to lead us down the same path in dealing with illegal aliens. We have judges and politicians who order public education, in-state tuition to colleges and universities when none are legally a resident of any state, medical care, food subsidies and welfare payments for people who are in this country illegally and pay little or nothing in taxes to fund or reimburse the costs of these services. And there are those who "wonder" and "are puzzled" why they come here?

Because of lax procedures, too, there is the added problem of illegals being registered and voting in our elections. Some jurisdictions provide taxpayer funds to immigrant advocacy groups who support illegal aliens. Nearly four and a half years after 9/11, why we are only now paying any real attention to the matter of illegal aliens and our porous borders simply escapes me.

We are already paying for these poor choices, and ultimately, we will pay even a higher price.

– David H. Towle, Ellicott City, Md.

I read with interest John Raughter's article "Inside the Wire." Clearly those working at Camp Delta have a hard assignment. It is, however, made more difficult by our decision not to abide by the Geneva Conventions. I quite understand that the nature of the enemy dictated that decision. What is less clear is how that decision is of any benefit to the United States. Our enemies have had a recruiting field day at our expense, and the failure to announce clear and unequivocal adherence to accepted international rules,

many of which we wrote, causes continuing damage.

Under the Geneva Conventions, we could still hold prisoners indefinitely, and try persons for crimes under the laws of war. With an accepted framework that has been the standard for generations, I suspect that we would also largely avoid the problem of prisoner access. Certainly the announcement of our at least recognizing the binding nature of Common Article III of the four conventions, which prevents torture and other cruel or inhumane

treatment, would accord with our national tradition as a leader in this area.

During the Vietnam War, my JAG unit at CONARC command prepared briefings on the humanitarian rules distributed service-wide. We also gave briefings at Fort Gordon, Fort Benning and the Special Warfare School at Fort Bragg. I was proud to observe that the tougher our soldiers, the more determined they were to do the right thing. I am sure that is no less true today.

– William S. Shepard, Oxford, Md.

'A Place of Honor'

I read with interest your article on veterans cemeteries (May). It struck me as ironic that these cemeteries have so many bureaucratic hurdles to overcome, while in New London, Conn., people are being forced out of their homes by eminent domain so the land can be given to a private developer.

– Paul W. Blow, Ashford, Conn.

'War Correspondence'

What a great addition to an already great magazine. Too bad the mainstream news outlets can't pick up on this and put a positive spin on the total effort overseas.

– Charles Mack, Hampstead, N.H.

'9/11 and the War in Iraq'

Alan W. Dowd is right on target and said in an articulate manner what I and most Americans have always felt: Iraq was connected to the terrorists of 9/11.

We must never forget, and we must continue to support the troops in the field.

– Jim Rowell, Shongaloo, La.

Having read Alan W. Dowd's justification for our invasion of Iraq, I – and apparently millions of others – am appalled that the man responsible for the murder

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*Measured by a breathing test in people taking ADVAIR 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. Your results may vary.

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Important information about ADVAIR DISKUS 250/50: ADVAIR DISKUS 250/50 is approved for the treatment of airflow obstruction in patients with COPD associated with chronic bronchitis. You should only take 1 inhalation of ADVAIR DISKUS 250/50 twice a day. The benefit of using ADVAIR DISKUS for longer than 6 months has not been evaluated. Taking higher doses will not provide additional benefits but may increase your chance of certain side effects. Patients at risk for developing bone loss (osteoporosis) and some eye problems (cataracts or glaucoma) should be aware that use of inhaled corticosteroids, including ADVAIR DISKUS, may increase your risk. ADVAIR DISKUS does not replace fast-acting inhalers for acute symptoms.



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Please see accompanying important information about ADVAIR DISKUS 250/50.

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ADVAIR DISKUS[®] 100/50, 250/50, 500/50

(fluticasone propionate 100, 250, 500 mcg and salmeterol 50 mcg inhalation powder)

What is the most important information I should know about ADVAIR DISKUS?

In patients with asthma, long-acting beta₂-agonist medicines such as salmeterol (one of the medications in ADVAIR[®]) may increase the chance of death from asthma problems. In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol. So ADVAIR is not for patients whose asthma is well controlled on another asthma controller medicine such as low- to medium-dose inhaled corticosteroids or only need a fast-acting inhaler once in a while. Talk with your doctor about this risk and the benefits of treating your asthma with ADVAIR.

ADVAIR should not be used to treat a severe attack of asthma or chronic obstructive pulmonary disease (COPD) requiring emergency medical treatment.

ADVAIR should not be used to relieve sudden symptoms or sudden breathing problems. Always have a fast-acting inhaler with you to treat sudden breathing difficulty. If you do not have a fast-acting inhaler, contact your doctor to have one prescribed for you.

What is ADVAIR DISKUS?

There are two medicines in ADVAIR: Fluticasone propionate, an inhaled anti-inflammatory belonging to a group of medicines commonly referred to as corticosteroids; and salmeterol, a long-acting, inhaled bronchodilator belonging to a group of medicines commonly referred to as beta₂-agonists. There are 3 strengths of ADVAIR: 100/50, 250/50, 500/50.

For Asthma

- ADVAIR is approved for the maintenance treatment of asthma in patients 4 years of age and older. ADVAIR should only be used if your doctor decides that another asthma controller medicine alone does not control your asthma or that you need 2 asthma controller medications.
- The strength of ADVAIR approved for patients ages 4 to 11 years who experience symptoms on an inhaled corticosteroid is ADVAIR DISKUS 100/50. All 3 strengths are approved for patients with asthma ages 12 years and older.

For COPD associated with chronic bronchitis

ADVAIR 250/50 is the only approved dose for the maintenance treatment of airflow obstruction in patients with COPD associated with chronic bronchitis. The benefit of using ADVAIR for longer than 6 months has not been evaluated. The way anti-inflammatories work in the treatment of COPD is not well defined.

Who should not take ADVAIR DISKUS?

You should not start ADVAIR if your asthma is becoming significantly or rapidly worse, which can be life threatening. Serious respiratory events, including death, have been reported in patients who started taking salmeterol in this situation, although it is not possible to tell whether salmeterol contributed to these events. This may also occur in patients with less severe asthma.

You should not take ADVAIR if you have had an allergic reaction to it or any of its components (salmeterol, fluticasone propionate, or lactose). Tell your doctor if you are allergic to ADVAIR, any other medications, or food products. If you experience an allergic reaction after taking ADVAIR, stop using ADVAIR immediately and contact your doctor. Allergic reactions are when you experience one or more of the following: choking; breathing problems; swelling of the face, mouth and/or tongue; rash; hives; itching; or welts on the skin.

Tell your doctor about the following:

- If you are using your fast-acting inhaler more often or using more doses than you normally do (e.g., 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row or a whole canister of your fast-acting inhaler in 8 weeks' time), it could be a sign that your asthma is getting worse. If this occurs, tell your doctor immediately.
- If you have been using your fast-acting inhaler regularly (e.g., four times a day). Your doctor may tell you to stop the regular use of these medications.
- If your peak flow meter results decrease. Your doctor will tell you the numbers that are right for you.
- If you have asthma and your symptoms do not improve after using ADVAIR regularly for 1 week.
- If you have been on an oral steroid, like prednisone, and are now using ADVAIR. You should be very careful as you may be less able to heal after surgery, infection, or serious injury. It takes a number of months for the body to recover its ability to make its own steroid hormones after use of oral steroids. Switching from an oral steroid may also unmask a condition previously suppressed by the oral steroid such as allergies, conjunctivitis, eczema, arthritis, and eosinophilic conditions. Symptoms of an eosinophilic condition can include rash, worsening breathing problems, heart complications, and/or feeling of "pins and needles" or numbness in the arms and legs. Talk to your doctor immediately if you experience any of these symptoms.
- Sometimes patients experience unexpected bronchospasm right after taking ADVAIR. This condition can be life threatening and if it occurs, you should immediately stop using ADVAIR and seek immediate medical attention.
- If you have any type of heart disease such as coronary artery disease, irregular heart beat or high blood pressure, ADVAIR should be used with caution. Be sure to talk with your doctor about your condition because salmeterol, one of the components of ADVAIR, may affect the heart by increasing heart rate and blood pressure. It may cause symptoms such as heart fluttering, chest pain, rapid heart rate, tremor, or nervousness.
- If you have seizures, overactive thyroid gland, liver problems, or are sensitive to certain medications for breathing.
- If your breathing problems get worse over time or if your fast-acting inhaler does not work as well for you while using ADVAIR. If your breathing problems worsen quickly, get emergency medical care.
- If you have been exposed to or currently have chickenpox or measles or if you have an immune system problem. Patients using medications that weaken the immune system are more likely to get infections than healthy individuals. ADVAIR contains a corticosteroid (fluticasone propionate) which may weaken the immune system. Infections like chickenpox and measles, for example, can be very serious or even fatal in susceptible patients using corticosteroids.

How should I take ADVAIR DISKUS?

ADVAIR should be used 1 inhalation, twice a day (morning and evening). ADVAIR should never be taken more than 1 inhalation twice a day. The full benefit of taking ADVAIR may take 1 week or longer.

If you miss a dose of ADVAIR, just skip that dose. Take your next dose at your usual time. Do not take two doses at one time.

Do not stop using ADVAIR unless told to do so by your doctor because your symptoms might get worse.

Do not change or stop any of your medicines used to control or treat your breathing problems. Your doctor will adjust your medicines as needed.

When using ADVAIR, remember:

- Never breathe into or take the DISKUS[®] apart.
- Always use the DISKUS in a level position.
- After each inhalation, rinse your mouth with water without swallowing.
- Never wash any part of the DISKUS. Always keep it in a dry place.
- Never take an extra dose, even if you feel you did not receive a dose.
- Discard 1 month after removal from the foil overwrap.
- Do not use ADVAIR with a spacer device.

Children should use ADVAIR with an adult's help as instructed by the child's doctor.

Can I take ADVAIR DISKUS with other medications?

Tell your doctor about all the medications you take, including prescription and nonprescription medications, vitamins, and herbal supplements.

If you are taking ADVAIR, you should not take SEREVENT[®] DISKUS or Foradil[®] Aerolizer[®] for any reason.

If you take ritonavir (an HIV medication), tell your doctor. Ritonavir may interact with ADVAIR and could cause serious side effects. The anti-HIV medicines Norvir[®] Soft Gelatin Capsules, Norvir Oral Solution, and Kaletra[®] contain ritonavir.

No formal drug interaction studies have been performed with ADVAIR.

In clinical studies, there were no differences in effects on the heart when ADVAIR was taken with varying amounts of albuterol. The effect of using ADVAIR in patients with asthma while taking more than 9 puffs a day of albuterol has not been studied.

ADVAIR should be used with extreme caution during and up to 2 weeks after treatment with monoamine oxidase (MAO) inhibitors or tricyclic antidepressants since these medications can cause ADVAIR to have an even greater effect on the circulatory system.

ADVAIR should be used with caution in people who are taking ketoconazole (an antifungal medication) or other drugs broken down by the body in a similar way. These medications can cause ADVAIR to have greater steroid side effects.

Generally, people with asthma should not take beta-blockers because they counteract the effects of beta₂-agonists and may also cause severe bronchospasm. However, in some cases, for instance, following a heart attack, selective beta-blockers may still be used if there is no acceptable alternative.

The ECG changes and/or low blood potassium that may occur with some diuretics may be made worse by ADVAIR, especially at higher-than-recommended doses. Caution should be used when these drugs are used together.

In clinical studies, there was no difference in side effects when ADVAIR was taken with methylxanthines (e.g., theophylline) or with FLONASE[®].

What are other important safety considerations with ADVAIR DISKUS?

Osteoporosis: Long-term use of inhaled corticosteroids may result in bone loss (osteoporosis). Patients who are at risk for increased bone loss (tobacco use, advanced age, inactive lifestyle, poor nutrition, family history of osteoporosis, or long-term use of drugs such as corticosteroids) may have a greater risk with ADVAIR. If you have risk factors for bone loss, you should talk to your doctor about ways to reduce your risk and whether you should have your bone density evaluated.

Glaucoma and cataracts: Glaucoma, increased pressure in the eyes, and cataracts have been reported with the use of inhaled steroids, including fluticasone propionate, a medicine contained in ADVAIR. Regular eye examinations should be considered if you are taking ADVAIR.

Lower respiratory tract infection: Lower respiratory tract infections, including pneumonia, have been reported with the use of inhaled corticosteroids, including ADVAIR.

Blood sugar: Salmeterol may affect blood sugar and/or cause low blood potassium in some patients, which could lead to a side effect like an irregular heart rate. Significant changes in blood sugar and blood potassium were seen infrequently in clinical studies with ADVAIR.

Growth: Inhaled steroids may cause a reduction in growth velocity in children and adolescents.

Steroids: Taking steroids can affect your body's ability to make its own steroid hormones, which are needed during infections and times of severe stress to your body, such as an operation. These effects can sometimes be seen with inhaled steroids (but it is more common with oral steroids), especially when taken at higher-than-recommended doses over a long period of time. In some cases, these effects may be severe. Inhaled steroids often help control symptoms with less side effects than oral steroids.

Yeast infections: Patients taking ADVAIR may develop yeast infections of the mouth and/or throat ("thrush") that should be treated by their doctor.

Tuberculosis or other untreated infections: ADVAIR should be used with caution, if at all, in patients with tuberculosis, herpes infections of the eye, or other untreated infections.

What are the other possible side effects of ADVAIR DISKUS?

ADVAIR may produce side effects in some patients. In clinical studies, the most common side effects with ADVAIR included:

- | | | |
|--------------------------------|-----------------------|------------------------------------|
| • Respiratory infections | • Bronchitis | • Musculoskeletal pain |
| • Throat irritation | • Cough | • Dizziness |
| • Hoarseness | • Headaches | • Fever |
| • Sinus infection | • Nausea and vomiting | • Ear, nose, and throat infections |
| • Yeast infection of the mouth | • Diarrhea | • Nosebleed |

Tell your doctor about any side effect that bothers you or that does not go away. These are not all the side effects with ADVAIR. Ask your doctor or pharmacist for more information.

What if I am pregnant, planning to become pregnant, or nursing?

Talk to your doctor about the benefits and risks of using ADVAIR during pregnancy, labor, or if you are nursing. There have been no studies of ADVAIR used during pregnancy, labor, or in nursing women. Salmeterol is known to interfere with labor contractions. It is not known whether ADVAIR is excreted in breast milk, but other corticosteroids have been detected in human breast milk. Fluticasone propionate, like other corticosteroids, has been associated with birth defects in animals (e.g., cleft palate and fetal death). Salmeterol showed no effect on fertility in rats at 180 times the maximum recommended daily dose.

What other important tests were conducted with ADVAIR?

There is no evidence of enhanced toxicity with ADVAIR compared with the components administered separately. In animal studies with doses much higher than those used in humans, salmeterol was associated with uterine tumors. Your healthcare professional can tell you more about how drugs are tested on animals and what the results of these tests may mean to your safety.

For more information on ADVAIR DISKUS

This page is only a brief summary of important information about ADVAIR DISKUS. For more information, talk to your doctor. You can also visit www.ADVAIR.com or call 1-888-825-5249. Patients receiving ADVAIR DISKUS should read the medication guide provided by the pharmacist with the prescription.

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of nearly 3,000 New Yorkers is still alive and well five years after the deed, a point glossed over by the author. Instead we're bent on installing a democracy in a land that has never even experimented with freedom. Since recorded time, this land has been ruled by a king, dictator or ruler. We're there because the present administration wanted revenge for Saddam Hussein's contract against the elder Bush. We're trying to kill the snake by going after the tail. I agree some of our peacekeeping efforts have met with failures, but 9/11 is a whole different story and should remain our point of focus.

– Dennis Smith, Brooksville, Fla.

The points Alan W. Dowd makes are powerful, yet succinctly written to clarify America's involvement in the war on terrorism, thus helping all red-blooded Americans understand the link between 9/11 and the war in Iraq – and why these efforts must be understood, respected and supported. By studying this article closely and absorbing its content, all debate over America's involvement in the war should be resolved. All efforts from that point forward should be directed toward supporting our military fighting men and women until we can bring them all home safely.

It is my hope and wish that this article would be given wide exposure on a national level because of its “must-read” content. Whatever assistance The American Legion can offer to accomplish this, in association and cooperation with

Dowd, will be most worthy. All Americans need to read and hear what he has to say.

– John Quairol, Lebanon, Pa.

Finest issue in memory

For many years now, with varying degrees of interest, I have read *The American Legion Magazine*. The May issue, in my opinion, from front cover to back cover, is the finest issue in memory. From Vet Voice to the Commander's Message, “War Correspondence” to the article on veterans burial sites and beyond, I did not lay down the magazine until I had consumed all, including Parting Shots. The photograph on the cover says it all. Congratulations to all who participated in compiling this outstanding issue.

– Frank Marcoccia, Newburgh, Ind.

I wanted to thank you for the touching photo on the cover of your May issue. It summed up for me a reason for us to be in Iraq. We have so much in America; they have so little.

– Eileen Toedtli, Keizer, Ore.

‘They Just Don’t Get It’

I respectfully wish to differ with the Commander's Message (May). While various civil-rights groups paint a dark picture of the treatment of military prisoners at Gitmo, National Commander Tom Bock reports what he has seen, which indicates that prisoners are well-treated. I suspect the truth lies somewhere in between (not to doubt Bock's word, but after a guided tour one may sort of miss a few things). The main point I want to make is that due process was

not followed; people were arrested, sometimes secretly, and detained without trial or hearing. It is easy to say, “These are terrorists, and they don't deserve any legal rights,” but if even one person was detained by mistake, this is a failure of our justice system.

In a democracy, all persons are accorded basic rights and due process. If the U.S. government can secretly arrest a suspected terrorist, who can it come for next?

– Ed Chamberlain, Columbus, Ohio

Commander Bock's report was the most documented editorial I have had an opportunity to read. I am a former POW and veteran of World War II, the Korean War and the Vietnam War, and his message gladdened my heart.

– Robert Fisher, Tarpon Springs, Fla.

‘A Place In Our Hearts for Honor’

I was touched deeply as I read Deidre Thomas' article “A Place In Our Hearts for Honor” (May). She expressed my feelings to the utmost.

As a Navy veteran of the Korean War, I do exactly as Thomas suggests. When I encounter young men and women wearing military uniforms, they get a handshake and a warm “Thank you for serving a great country.”

It gives me a good feeling to let them know they are appreciated. On one such occasion, three young Marines at a shopping mall replied, “Sir, we appreciate what your generation did for us!”

– Gus Grisinger, Mount Union, Pa.

7

THE AMERICAN LEGION MAGAZINE WELCOMES YOUR OPINIONS

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The American Legion Magazine, P.O. Box 1055, Indianapolis, IN 46206 • magazine@legion.org

Don't let another sacred symbol fall

In 1954, residents of San Diego erected a 29-foot cross on Mount Soledad as part of a memorial for Korean War veterans. More than 50 years later, a federal judge is tearing that part of the memorial down. This is just the latest example of the American Civil Liberties Union's relentless attack on American values.

In May, U.S. District Judge Gordon Thompson ordered the City of San Diego to remove the cross or face a fine of \$5,000 for each day it remains standing on city property. The ruling came 15 years after Thompson ruled the cross violated the separation of church and state. Originally filed in 1989 by atheist Phillip Paulsen, the ACLU-guided lawsuit stayed in the courts until this spring.

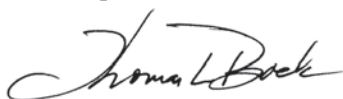
A majority of San Diego residents clearly want the cross to remain. In just 23 days, a group called San Diegans for the Mount Soledad National War Memorial gathered 105,000 signatures in favor of placing a proposition on the ballot asking the city to give the Mount Soledad Veterans Memorial Walls, the Veterans Memorial Cross and the land on which they both sit to the federal government under the jurisdiction of the National Parks Service. In July 2004, the measure passed with 75 percent of the vote but later was ruled unconstitutional.

It appears the ACLU has won this battle, and another expression of religion has been suppressed. The Mount Soledad cross joins the Pledge of Allegiance phrase "under God," the Ten Commandments, and other religious symbols used at veterans memorials as an ACLU target. And don't think it can't happen locally to The American Legion. Last year, in the small town of Fairfax, Minn., G.F.W. Schools officials told B.B.M. Post 205 that its members couldn't come into the system's middle school and conduct their annual Veterans Day program, as they have done for years. The reason? "They were afraid they'd get sued," Post 205 Commander Lorenz Canfield said. "They said if we didn't have an opening and closing prayer in the program that we could have the program in the school." Post 205 chose to host the program at its own building, but if this can happen in a town of 1,200 people, it can happen anywhere.

What's next? Will the ACLU target the 9,387 crosses and Stars of David honoring World War II heroes killed during the invasion at Normandy? The Public Expression of Religion Act may be the only way to stop this assault. House Resolution 2679, authored by U.S. Rep. John Hostettler, R-Ind., seeks "to amend the Revised Statutes of the United States to eliminate the chilling effect on the constitutionally protected expression of religion by state and local officials that results from the threat that potential litigants may seek damages and attorney fees." What many in the general public don't realize is that the ACLU seeks and receives millions of dollars annually in taxpayer-funded attorney fee awards ordered by judges in ACLU establishment-clause lawsuits.

PERA would cut these lawsuits off at the knees. Without the potential for a financial windfall, ACLU attorneys would be less likely to file these lawsuits in the first place. The measure would apply only to establishment-clause lawsuits and no other civil-rights claims.

Too many sacred symbols already have been casualties of the ACLU's war on American values. We need to stop the attacks now.



National Commander
Thomas L. Bock

MEMORANDA

DEFENDING AMERICAN

VALUES: "A Guide to Defending American Values" can be downloaded from www.legion.org. The American Legion-produced document contains support materials for the campaign to pass House Resolution 2679, the Public Expression of Religion Act. Authored by Rep. John Hostettler, R-Ind., the measure has no fewer than 46 co-sponsors. Contact your representative through the U.S. Capitol switchboard at **(202) 224-3121** or by calling his or her district office. The number can be found in the blue pages of your phone book.

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The American Legion and *The New York Times* Job Market take the "Salute Our Heroes: The Veterans Job Fair & Career Expo" to the Sun Dome at Tampa, Fla., on July 11. Dozens of employers will be available to veterans and the spouses of active-duty personnel. Job candidates should come ready to interview. The event also features seminars on such topics as transitioning from military to civilian careers, interviewing skills and resumé writing. To pre-register, visit www.nytimes.com/saluteourheroes on the Web.



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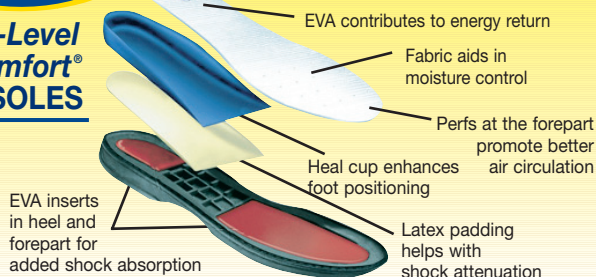
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Lobbying Transparency Act



SUPPORT

**Sen. Susan Collins,
R-Maine**

■ Collins chairs the Homeland Security and Governmental Affairs Committee.

The First Amendment allows for citizens to “petition the Government for a redress of grievances.” But our founding fathers could never have imagined that that constitutional right would be distorted in scandals like the ones involving lobbyist Jack Abramoff and former Rep. Randy “Duke” Cunningham.

Although the actions of both men violated *current* laws, they nevertheless prompted a much-needed review of legal lobbying activities that raise questions of improper influence or the appearance of impropriety.

In March, the Senate approved major lobbying-reform legislation that I authored along with Sens. Joe Lieberman, D-Conn., Trent Lott, R-Miss., and Chris Dodd, D-Conn. The bill prohibits all gifts from lobbyists to members of Congress, requires the Ethics Committee to pre-approve privately funded travel and makes the earmark process more transparent. It significantly strengthens disclosure and reporting requirements of lobbyists, increases penalties for non-compliance, strengthens the rules governing lobbying of Congress by former members of Congress and senior staffers, and requires disclosure by large-scale, paid grassroots lobbying organizations.

We were able to come together in a bipartisan manner and approve this legislation. It is a major step toward enhancing public confidence in the integrity of the decisions Congress makes. I remain disappointed, however, that the final legislation did not include my proposal for an Office of Public Integrity to investigate allegations against members of Congress.

The right of the American people to petition government is a constitutional guarantee and must not be chilled. At the same time, it is imperative that the give-and-take of advocacy focus on the exchange of ideas, conducted in broad daylight.



OPPOSE

**Sen. Tom Coburn,
R-Okla.**

■ Coburn, a physician, serves on the Homeland Security and Governmental Affairs Committee.

Despite the best intentions among many of my colleagues, the lobbying-reform bill has the appearance but not the substance of real reform. The bill essentially cleans the outside of the cup while leaving the inside unclean.

The key failing of the bill is that it does not reform the practice of earmarking, or pork-barrel politics, which in many respects was at the center of the Jack Abramoff scandal. In Congress,

earmarks are the gateway drug that leads to spending addictions and Abramoff-like excesses. Abramoff himself described the appropriations committees in Congress as an “earmark favor factory.” The exchange of earmarks for cash and other favors is a major reason former Rep. Duke Cunningham received a prison sentence for his role in the scandal.

Supporters of the bill argue that it gives senators new powers to curb earmarks, but these changes fail to address the root of the problem. One critical reform I sought, along with Sen. John McCain, R-Ariz., would have given senators the ability to strip egregious earmarks from spending bills. After the Senate parliamentarian concluded the language in the bill would not meet this goal, my colleague John Ensign, R-Nev., offered an amendment to clarify this language. The Senate rejected the amendment and reaffirmed the status quo.

The fallout from the Abramoff scandal created an opportunity for real reform in Congress. A majority voted to continue a process that will lead to more scandal and debt. As long as Congress allows members to use the appropriations process to reward lobbyists and special interests who finance their campaigns, we will never win back the trust of the American people. The problem in Washington is not lobbyists. The problem is Congress.

THE HEART OF THE ISSUE

***The Senate has passed a bill
requiring lobbyists to provide more
information about their activities.
Critics say the measure
doesn't go far enough.***

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Canada Reawakens

BY ALAN W. DOWD

Canada Prime Minister Stephen Harper calls his election victory a “change of government, not a change of country.” But it portends a dramatic change of direction in world affairs. “You can’t lead from the bleachers,” he says. “I want Canada to be a leader.” Toward that end, Harper has vowed to set up new military bases along Canada’s northern frontier, deploy a new airborne unit, acquire new long-range lift capabilities, and revitalize Canada’s military by reinvesting in it.

Although Canada’s more realistic and arguably more nationalistic view of security issues

promises to impact a range of U.S. foreign-policy priorities, it poses more opportunities than challenges for Washington.

Previous Canadian governments “pandered to people who defined nationalism as not being American,” says Martin Collacott, a longtime Canadian diplomat who now serves as a senior fellow at the Fraser Institute in Vancouver. But if the tenor and outcome of Canada’s 2006 elections are any indication, Canada’s strange strand of “non-nationalism” may be giving way to a more traditional nationalism.

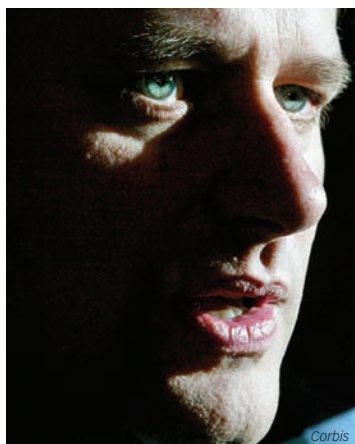
Just consider the anger our genteel northern neighbors expressed over reports that the USS *Charlotte* had navigated Canada’s icy

waters without Ottawa’s permission. The submarine apparently slipped through Canadian waters in November 2005, igniting stern words from then-Prime Minister Paul Martin. “Arctic waters are Canadian waters, and Canadian waters are sovereign waters,” Martin warned last December. “Canada will defend its sovereignty.”

But according to Gordon O’Connor, who serves as Canada’s new defense minister, the USS *Charlotte* was just the tip of the iceberg. As O’Connor angrily concluded prior to the elections, there are indications that submarines from the United States, Russia, France, Britain and even China “have traversed throughout our Arctic waters.”

Then there’s the strange case of Hans Island, the uninhabited chunk of land sandwiched between Danish-controlled Greenland and Canadian-controlled Ellesmere Island. As the Canadian Broadcasting Company reported, both countries have

claimed it for more than 30 years. Denmark has sent ships and/or troops to the island at least five times in the past 17 years, planting its colors on a few occasions. Canadian forces raised their flag over the tiny island in mid-2005. O’Connor predecessor Bill Graham even visited the island in July 2005, to make “sure the Danes know that this is part of Canadian territory.” Denmark responded by sending another ship to Hans – and planting another Danish flag. Canada then sent a three-ship task force to the island, displaying what the British newspaper *The Independent* called “a new and almost bellicose determination to protect the sovereignty of its northernmost boundaries.”



“I want Canada to be a leader.”

Stephen Harper,
new prime minister of
Canada, which ranks 128th
among the world’s nations
in defense spending

However, as O'Connor, a retired brigadier general, bluntly concluded, "In international law, sovereignty must be enforced to be recognized." And sovereignty could become a major issue for Ottawa in the coming decade: as Martin's Liberal Party noted ahead of the elections, the shrinking ice cover around the North Pole could open up a Northwest Passage and generate vast new trade and transport opportunities for Canada. It also will invite territorial challenges from Russia, Denmark, Norway and even the United States.

Harper and O'Connor realize it's virtually impossible to enforce or defend sovereignty with a military as emaciated as Canada's. Prior to Harper's election, Canada's defense budget was just over \$12.2 billion in U.S. dollars. That equates to a paltry 1.1 percent of gross domestic product, ranking Canada 128th in the world in defense spending as a share of GDP.

As a consequence, Ottawa has been forced to conduct a toothless foreign policy by default. In fact, as the CBC has reported, the Canadian military was so malnourished in 2002 that a Senate committee recommended the government call all of its forces back to Canada for a two-year rebuilding period.

"The Harper government is strengthening the military because it has been reduced in size and effectiveness for so many years,"

says Collacott, whose career in public service included a stint as Canada's coordinator for counter-terrorism policy in the Department of Foreign Affairs, as well as tours as ambassador to Sri Lanka, Syria, Lebanon and Cambodia.

According to the Canadian Defense Ministry, Canada has a deployable force of just 25,000 troops today. Canada's contribution to allied security has dwindled so much in recent years that the Canadian Embassy is buying space on billboards in Washington to publicize Canada's contributions in Afghanistan. "Boots on the Ground," reads one subway ad. "Security Is Our Business."

Canada First. There was a time when Ottawa didn't have to remind Washington of its contributions to the common defense.

Some 60,000 Canadian troops died in World War I (out of a population of less than 8 million). Canada entered World War II more than two years before the United States. "By the end of the war," as O'Connor observes, "we had the world's third-largest navy, fifth-largest air force and an army large enough to fight on two fronts." Some 42,000 Canadians died liberating Europe in World War II (out of a population of 11 million). As former Prime Minister Brian Mulroney once observed, "If people want to





Canadian Department of National Defence

Nowhere to go but up

Before Stephen Harper's election, Canada spent just 1.1 percent of its trillion-dollar GDP on the military, ranking it behind such juggernauts as Eritrea (population 4.6 million, GDP of \$4.4 billion), Maldives (population 359,000, GDP of \$1.25 billion), Mali (population 11 million, GDP of \$11 billion), and Ivory Coast (population 17 million, GDP of \$26 billion). Canada ranks just ahead of neutral Switzerland and the tiny island nation of Malta.

Likewise, Canada finds itself in the bottom third among NATO nations on defense spending as a percent of GDP. Even rookie members of the alliance, such as Slovenia, Estonia, Latvia and Lithuania, invest more of their GDP on defense.

Plus, several NATO nations of comparable or smaller size have larger militaries than Canada, which has a population of 33 million and an armed-forces strength of 62,000.

By comparison, Greece has a population of 10.7 million and a military of 135,000, Romania has a population of 22 million and a military of 79,000, Poland has a population of 38 million and a military of 150,000, and Spain has a population of 40 million and a military of 124,000.

Sources: CIA, NATO

know how Canada paid for its seat in Europe, they should check out the graves in Belgium and France."

Canada dispatched troops to defend Korea at the beginning of the Cold War and to liberate Kuwait at the end. In between, as historian Derek Leebaert writes, some 25,000 Canadians volunteered for duty in Vietnam while the rest of NATO averted its gaze from America's agony.

Today, Canada has fewer than 3,000 troops deployed overseas – and most of them had to be delivered by the U.S. military. Worse, Canada has even had to turn to Russia and the United States for airlift assistance in responding to problems inside the country, such as flooding and ice storms.

"To be truly sovereign, we must be able to deploy our forces and equipment where they are needed, when they are needed," Harper argued during the campaign. "Hitchhikers may get to their destination, but they don't

get to pick the route or timing."

This may help explain Harper's eagerness to rebuild the Canadian military. Even after the previous government pledged the largest defense increase in almost two decades, Harper trumped that by calling for an extra \$4.6 billion in defense spending over five years. Among his priorities are:

- Standing up a 650-man airborne battalion for rapid deployment;
- Acquiring new strategic-lift aircraft;
- Recruiting and deploying 23,000 additional troops (including regulars and reserves);
- Building an Arctic National Sensor System and deploying new naval assets to detect and deter incursions into Canadian waters;
- Deploying new unmanned surveillance drones to monitor the vast, uninhabited reaches of northern Canada; and
- Deploying an army training center astride the Northwest Passage to exercise control over Canada's claims in the Arctic region.

"The single most important duty of the federal government is to protect and defend our national sovereignty," Harper says. "You don't defend national sovereignty with flags, cheap election rhetoric and advertising campaigns. You need forces on the ground, ships in the sea and proper surveillance."

To punctuate his commitment to Canadian sovereignty, Harper has dubbed his plan for defense revitalization "Canada First." To American ears, that may sound like an isolationist policy, but Collacott says it's precisely the opposite. "It's about cooperating with allies," he explains. "It's about building a sensible and active engagement with the world. In creating a stronger military, the government wants to ensure it can play a more meaningful role in international affairs."

Taking a Stand. Once in office, Harper moved quickly to reinforce his rhetoric with action. For instance, his first overseas trip was to Afghanistan, where some 2,300 Canadian troops are fighting terrorists and rebuilding a country. But the operative word here is "fighting." "The Canadian troops in Afghanistan are now in a combat role," Collacott says. "They were initially sent as peacekeepers."

While in Afghanistan, Harper reminded the troops that "Canada is not an island," noting that dozens of Canadians died when the World Trade Center was attacked. "Your work is about more than just defending Canada's

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A calculation of Canada

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Population
(July 2006)

90 Percent of population concentrated within 160 kilometers of the U.S. border

8,893 Kilometers bordering the United States, including Alaska

94,900,000

Number of travelers processed at Canada's borders during the year ending March 2005

94,024 People denied entry into Canada in the year ending March 2005

8,591 Drug seizures at Canadian borders in the year ending March 2005

Source: CIA

interests," he explained, using the moment to send a message back to the people of Canada. "It's also about demonstrating an international leadership role for our country – not carping from the sidelines, but taking a stand on the big issues that matter."

Today, Canada is taking a stand by leading a multinational force in and around Kandahar, which was once the very seat of Taliban rule.

In March 2006, a Canadian special-forces unit known as JTF-2 participated in a U.S.-U.K. operation to free Canadian and British hostages in Baghdad. Foreign Minister Peter MacKay said the operation proved that Canada "is not passive when it comes to its own citizens and the protection of their lives."

Later that same month, when the Hamas-dominated government of proto-Palestine refused to renounce terror, Canada became the second country after Israel to cut aid and diplomatic ties to the Palestinian Authority. Again, MacKay was blunt in explaining Ottawa's policy. "Hamas is a terrorist organization," he said, "and we cannot send any direct aid to an organization that refuses to renounce terrorist activity, refuses to renounce violence."

Collacott adds that the Harper government is also stronger on anti-terrorism measures inside Canada, having declared the Sri Lankan separatist Tamil Tigers a terrorist group.

Harper is now mulling deeper Canadian involvement in Darfur, the blood-soaked region of Sudan. In addition, he wants to reopen talks with Washington on missile defense. The previous government held an agnostic view of the system, opting out of full participation in mid-2005.

It's no surprise that a recent CBC analysis called Harper a "pro-U.S., pro-military leader the likes of which Canada has never seen before."

"We have much in common with America," Collacott says. "We are an independent, sovereign country, but we are partners with the United States."

Nor is this partnership limited to the

security realm. The new government wants to pursue closer energy integration with the United States, which should come as welcome news south of the border, given the rising cost of oil and the discovery of new reserves north of the border – reserves that could soon position Canada as the world's fifth-largest oil producer.

Risk and Reward. Yet all of this carries political risks for Harper, whose Conservative Party has more seats than any of its rivals but lacks enough seats to comprise a majority government. Sovereignty and security were not the only issues driving Canadian voters away from Martin and toward Harper. Corruption and scandal also played a role in the defeat of the previous government.

In other words, Canada has not been transformed into a nation of hawks. Before the elections, for instance, Harper himself pledged that he would not commit Canadian forces to the democracy-building mission in Iraq, which may explain why Ottawa initially refused to confirm reports that JTF-2 participated in the March rescue operation. In addition, some of Harper's political rivals in parliament are angry that Canadian troops are operating under U.S. command in Afghanistan rather than NATO or the United Nations.

Plus, there are critics outside government who warn that Harper will spend too much trying to rebuild Canada's crumbling defenses. As Steven Staples of the Polaris Institute told the Canadian Press, Harper's "defense increases will take the military budget to levels not seen since the Second World War." In addition, he worries that the Harper government will ultimately "Americanize the Canadian armed forces."

But to his credit, Harper believes Canada is strongest when it partners with its closest and nearest ally. "We are lucky to have the Americans as our neighbor, ally and friend," he said after criticizing the government of Jean Chretien for refusing to send Canadian troops to participate in Operation Iraqi Freedom. "They are our biggest asset in this very dangerous world."

If Harper succeeds at reviving and reinvigorating the Canadian military, Americans may come to view Canada in the same way. 🌿

Alan W. Dowd is a senior fellow at Sagamore Institute for Policy Research.

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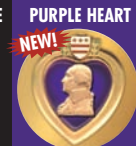
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A Window on the World

Condoleezza Rice, who gave up the piano in college, has found her place in history as a composer of freedom, before an audience of billions.

In the January 2000 issue of *The American Legion Magazine*, then-Gov. George W. Bush was asked what he thought of gender-integrated basic training in the military. “My experts tell me, such as Condoleezza Rice (policy adviser to former President Bush), that we ought to have separate basic training facilities,” he replied. While transcribing the tape, the editor relied on an Internet search to correctly spell the name of this mysterious expert. Just more than six years later, no parenthetical identifier is needed for the U.S. secretary of state, who *Time* recently named one of “100 People Who Shape Our World.”

Rice grew up in Birmingham, Ala., where in 1963 her 11-year-old friend and classmate, Denise McNair, was killed when members of the Ku Klux Klan bombed the 16th Street Baptist Church. An accomplished pianist, Rice was persuaded to instead pursue an academic career in international relations by University of Denver Professor Josef Korbel, the father of former Secretary of State Madeleine Albright. At 38, Rice became the youngest provost in the history of Stanford University. Her love of sports led her to openly covet the position of National Football League commissioner, a job that might still be tempting if she were not already committed to more important endeavors. She is a close friend of the Bush family and served as national security adviser during President Bush’s first term. She recently spoke with *The American Legion Magazine*.

The American Legion Magazine: Madame Secretary, what do you think is the biggest challenge facing the U.S. State Department today?

Secretary of State Condoleezza Rice: The biggest challenge facing the State Department is to find a way to use our diplomacy in a way that supports the president’s transformational agenda. This president once said that we have to deal with the world as it is, but we don’t have to accept the world as it is. We can use American power and influence to change the world for the better, to lay the foundation to end tyranny, to believe that there’s no corner of the world where freedom and democracy shouldn’t reign, and to recognize that promoting liberty and freedom will make America more secure. And that’s not a status-quo agenda, given the circumstances in the world. And so the role of the State Department has to be to organize the diplomacy to really work with people around the world who are seeking liberty and freedom, who are seeking good governance, who are seeking prosperity to transform their lives and thereby, of course, transform our security.

Q: Do you think America’s military might has overshadowed the importance of diplomacy in winning the war on terror?

A: It can do precisely that. If you’re not careful just the fact that every day on television it’s the military actions that get the coverage, and obviously because we’ve got men and women in

harm's way we are continually and constantly concerned about that. But in fact, as has always been the case – it was the case after World War II – what American military power really does is set the stage for diplomatic solutions to take the peace that we create, to take the opportunities that are created for people in, say, Iraq or Afghanistan, and then it's really diplomacy's responsibility to cement those gains and to make it possible for those people to have stable democracies going into the future.

Q: *Do you believe the media have been accurately portraying what's going on in Iraq and Afghanistan?*

A: I think the media have tended to portray one side of what is going on in Iraq. We cannot deny that there is violence, that it is very difficult, but it's very easy to report on car bombs going off. It's much harder to report on the quiet process of Iraqi politicians or Afghan people coming together to build a democratic future. And it's also hard to show what that looks like, so people tend to show what can be seen, particularly on television, and that's the violence.

I've said to some people in the media that I hope that 20 years from now you look back on your coverage and that you're not embarrassed by what you chose to cover, because if in Iraq and Afghanistan, as I fully believe we're going to, we have democratic allies on the war on the terror, you will only have reported about how they couldn't get there. And will you feel like the people who in 1946 were saying the reconstruction of Europe has failed and Germany will never be democratic? Now we look back and we read those headlines and we think, "What were they talking about?"

Q: *The comments you made about the thousands of tactical errors in the war have been widely reported. Is there anything you want to expound on that specifically?*

A: Yeah, first of all, I'll never – I'll try never again – to use a figure of speech. And I also say I've done something 1,000 times. I don't really mean it. And I want to say something very directly to, particularly, our people in uniform: I was not making by any means a comment on what we've done militarily. This has been an extraordinary sacrifice and success in military terms. I was commenting on the fact that we've – and I did not mean our military commanders ... we, me, people in this administration – have made lots and lots of decisions, some of which may turn out to have been error, some of which will most certainly turn out to have been error. But the point was that I'll let history judge that, because what we have gotten

Healthy living: Rice and exercise

If anybody in the Bush administration can claim to be a Renaissance person, it is Secretary of State Condoleezza Rice. A concert pianist, academic professor, diplomat and athlete, she begins a grueling schedule most days with a 4:30 a.m. wake-up and a 40-minute or more cardio exercise routine, often under the watchful eye of her trainer, a former Marine. Cycling, weightlifting and speed-walking are her preferred exercises, in order to spare her knees, which have taken a beating from her years as a figure skater.

In a world of frequent travel and formal dinners, Rice told an NBC reporter, "Part of the secret of traveling well is continuing your routine. So when I'm on the road I absolutely schedule time to get up in the morning and exercise first."

Rice, 51, frequently works into the evening, which is when she met with *The American Legion Magazine*.

Q: "Where do you get the energy for those workouts *and* the long hours you put in?"

A: "That's where I get the energy – those workouts!"

– John Raughter

right is a strategic decision that Saddam Hussein could not continue in power. You weren't going to have a different kind of Middle East as long as Saddam Hussein was in power. Now, once you've taken that strategic decision, all that matters ultimately is that you have the foundation for a stable and prosperous Iraq.

And history is full of circumstances in which what looked like a brilliant decision at the moment turned out to have been a mistake. And what looked like a mistake at the moment turned out to have been a brilliant decision. And so I've said many times we undoubtedly should have done some things differently. When I go back to Stanford and people are writing dissertations about the mistakes of the Bush administration, many of which I'll probably oversee as a faculty member again, that'll be the time to try to sort what was a mistake and what was not.

Q: *So you're definitely going to go back to Stanford?*

A: Oh, yes. (Laughter.)

Q: *Tim Russert loves to ask you if you're running for president. I promised I wasn't going to ask that.*

A: Thank you.

Q: *Two of the three members of what President Bush called the "axis of evil" are developing or may*

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already have nuclear weapons. What does the United States intend to do about the emerging threats from North Korea and Iran, and is a military option even a possibility, given the extent to which our forces are being used?

A: Well, certainly the president's not going to take any options off the table. And I don't think anybody should underestimate American resolve. But what we have to do is really make sure that this is international resolve, and that's what we're seeing. We're seeing China, Russia, Japan, South Korea, the United States, insisting that North Korea give up its nuclear weapons program. And by the way, the North Koreans have been pursuing a nuclear weapon since the 1960s, so this problem has been around a long time.

In Iran, we've been building the same kind of coalition of states that are saying to the Iranians, "You can have civil nuclear power, but you cannot have a nuclear weapon, nor the technologies that would make it possible to have a nuclear weapon." And so we have been building an international consensus because, ultimately, particularly Iran cannot stand the kind of isolation that the international community can bring to bear if it does not change its course. I know that sometimes multilateral diplomacy seems a bit slow or slow-moving, but it can be very effective when the international community sticks together. And I think the Iranians have been pretty surprised at how well the international community has stayed together.

Now, we will work with the Security Council, but we're also discussing with like-minded states issues like what financial measures we might be willing to take if the Security Council bogs down. That's going to be also a very important part of our diplomacy. But the way for the Iranians to solve this is to suspend their programs and go back to negotiation. There is a civil nuclear program that they can have that would be acceptable to the international community.

Q: *The United States liberated Kuwait and Iraq from Saddam. We have a long alliance with Saudi Arabia. Is there a reason the United States is unable to convince its oil-producing allies to increase production and lower the price of oil?*

A: Well, I think the problem now is that we've got a supply-demand crunch. We've got a lot of new powers, very rapidly developing economies that have come onto the stage like China and India. It's one reason the president's been very devoted to the notion of alternative supplies of energy, getting us all weaned off of oil. We also have some other issues like refining capacity. So it's not just the

supply of oil from the oil producers. In fact, I think you could make the argument that with oil as high-priced as it is, they actually have quite an incentive to produce. But the supply is, in the future, going to be very tight, and so it is important for the oil producers to do everything that they can, particularly in the medium term, to increase the capability of their fields to produce. I don't think we believe that they are withholding at this particular point in time. We just have a bit of a supply-and-demand crunch.

Q: *Do you have faith that the recently brokered peace agreement in Darfur, will last, and is the international community doing enough to stop the genocide in Sudan?*

A: We're all hopeful for the peace agreement, but it's really fragile. Very fragile. The Sudan government has not yet done what it needs to do, which is to be unambiguous about the desire to have a U.N. peacekeeping force. In fact, it has a tendency to say no, it may not want a peacekeeping force. We need a U.N. peacekeeping force. Holding the rebels in the agreement is not going to be easy, which even more than presses the need for the international community to really be active. And no, the international community has not done enough of that.

The Security Council is still too hard a place to get resolutions rapidly. It took us a very long time to get the resolution that would allow us to have sanctions against the Sudan – members of the Sudan regime. We finally got it, but it was very hard going. We need more in the way of humanitarian assistance and food aid from the international community. Right now, the United States, with the new allocation Congress granted in the supplemental, would be 50 percent of all the food aid – 50 percent of the pledges; we're already 89 percent of the actual aid going in. The international community needs to act much more quickly than it's acted, yes.

Q: *Can any progress be made in resolving the Palestinian-Israeli dispute with a Hamas-led government at the table?*

A: Well, Hamas has got to change its ways. It's got to make a choice, a strategic choice. It was elected, and we recognize the election as fair and free and legitimate. But the Palestinian people didn't elect Hamas to be in a state of conflict with Israel and to be suffering deprivation as a result of it. They elected Hamas because they were tired of the corruption of the Fatah Party. So Hamas should recognize that in order to deal with the aspirations

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of the Palestinian people, it can only do that through a peaceful and constructive relationship with Israel. That means you have to recognize the existence of Israel, the right of Israel to exist. I mean, what kind of arrangement is it where one of the parties says, "Well, I don't even recognize your right to exist"? So Hamas has got to make a change. We continue to support President Abbas, who is the elected president of the Palestinian Authority. He has renounced violence. He does recognize the right of Israel to exist. And I'm hoping that there can be work with him to ease the plight of the Palestinian people. But it really is incumbent on Hamas to accept the international consensus.

Q: *Prior to the Iraq war, the United Nations refused to enforce its own resolutions regarding weapons inspections in that country. U.N. officials were heavily involved in the oil-for-food scandal. The U.N. Commission on Human Rights was once chaired by Libya. It's called for the closing of Guantanamo. Do you believe the United Nations has outlived its usefulness and simply become a hotbed for hypocrisy or anti-Americanism?*

A: I don't. The U.N. has not outlived its usefulness. In fact, I think it remains a very important organization. It is in need of reform – badly in need of reform. We've had some good reforms. I know it won't sound like much, but we've managed to get an ethics office, for instance. You would think that that would not have been hard, but it was, and that just shows how hard it is to reform the U.N. The recent election did keep Iran and Venezuela off the Human Rights Council, even though Cuba made it on. We have a Peacebuilding Commission, probably one of the really good reforms to help with issues like Sudan.

But we are saying that, very clearly, we have to have management reform and greater accountability. And by the way, Kofi Annan has said that we need management reform and greater accountability, and there are those who will not vote for his reforms. So the United States has to stay in the U.N. and keep active in the U.N. It's still a very important organization, but we have to press the case for reform, and we're going to be very tough in pressing the case for reform, because the American people, if we're going to spend billions of dollars on the U.N., have the right to expect accountability, and we have the right to expect effectiveness.

Q: *A red wave seems to be sweeping across Latin America with the elections of socialist governments*

in Venezuela, Bolivia and, most recently, Chile. As one of the leading experts on the old Soviet Union, does this concern you?

A: I would make a separation, to begin with, between the responsible left, like Chile and Brazil, where we don't have a problem working with governments from the left. As long as they are governing democratically, as long as they have been, as both those governments have been, supportive of sound macroeconomic policies, open economies, I think you will find that most people believe that they are countries that are pursuing economic policies that will benefit the United States. So those countries of the left we don't have a problem with.

Now, you do have some countries that appropriate the title "left," but I would actually call them kind of old-fashioned, Latin American populist or caudillos even. You know, the people who don't govern democratically or who have clearly nationalization of economic resources. That's a different phenomenon. And what you are starting to see is tension between the responsible left and this irresponsible left.

The nationalization of gas by (President Evo) Morales in Bolivia didn't set off a crisis with us; it set off a crisis with Brazil and with Spain. And so I think that you're going to see that some of these policies that are being pursued by these irresponsible governments are not going to end up being very popular because they're not going to end up being very beneficial, either to their people or for the region. Now we have to have a positive agenda. And our positive agenda is free and fair trade, job creation through that. Also recognize the president has been a strong proponent of educational policies and health policies for the region that helped some of those most marginalized people. We have doubled official development assistance to Latin America in this presidency.

The Millennium Challenge Account, which rewards good governance with really very large-scale American aid, is operating in Nicaragua, in Honduras. We're negotiating a compact with El Salvador. I think there will be others. We just have to speak more about that positive agenda. And I think some of these governments that are engaging in irresponsible policies may turn out, just as the Soviet Union learned, not to be very effective.

Q: *The United States has a record \$202 billion trade deficit with China. While this might be good for Wal-Mart, is this good for America?*

A: It's emblematic of both our desires and our concerns about China's economy. The desire is that

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it will be a big economy that can provide markets, as well as product, to the American people, and that it can be therefore a part – an engine, one of the engines of economic growth in the world economy.

The concern is that as long as it is a closed economy, the bigger it gets, the more of a problem it's going to be, which is why the president has pushed hard on currency reform that would give China a flexible market-rate exchange rate, why we've pushed hard on intellectual property rights, why we've pushed hard on the opening up of government sectors to private business. The problem isn't the size of the Chinese economy; it's the structure of the Chinese economy. And when China joined the World Trade Organization with the support of the United States, it was on the basis that it would be a rules-based economy. It hasn't really lived up to the rules-based side of that, and that's why you see the United States continuing to press these issues.

Q: *Many Americans were concerned about Yale University admitting a former spokesman for the Taliban as a student. Are there steps being taken to make sure people with backgrounds like Sayed Hashemi are not awarded visas to enter the country?*

A: Well, we are careful with our visas to make sure that somebody is not a threat. In this particular case, it's a sort of strange case of somebody who claims to have left the Taliban. And you know, we do perhaps want to be at least open to those who may choose to change their ways and change their views and to use the tremendous pressure of American ideas to convince people to change their ways. So I don't know that if there are people who want to put their past behind them and do something and look at a different course that we ought to be closed to that. We're going to have to convince a lot of people who were extremists and – I don't mean people who have blood on their hands, but who were extremists and who were anti-Western – that they were wrong. That's what the war of ideas is all about.

Q: *You have something in common with one of your predecessors, former Secretary of State Albright, and that was the influence of Dr. Josef Korbel.*

A: Korbel, her father. Yes.

Q: *Can you explain how he influenced you?*

A: Well, I was a recently failed piano major, having decided that I was going to end up teaching 13-year-olds to murder Beethoven or play in a piano bar someplace. And I was looking for

a major and I didn't find anything. This is my junior year in college. Fall quarter didn't find anything, sophomore year, winter quarter, didn't find anything.

Spring quarter I took a course called Introduction to International Politics, taught by Dr. Korbel. He was a Soviet specialist, and he opened up this world to me about the Soviet Union. He's a terrific storyteller. He had been in Czechoslovakia and then later with the Czech government in exile during World War II. He had then been ambassador to Yugoslavia and escaped when the communist coup took place in Czechoslovakia. And so he had all these amazing stories that put a human face on the cost of tyranny and the collapse of freedom in eastern Europe. And it was that that really attracted me to the study of the Soviet Union. And he was also a wonderful mentor.

I remember when I was then in his graduate course and I gave a report in the class and he called me aside and he said, "You'd be a really good professor. You should think about being a professor." I thought, "Professor? He's got to be kidding. I don't want to be a professor." And sure enough, that's where I ended up. (Laughter.) But he was a very influential man, just rock-solid on issues like freedom and liberty and a fierce defender of the United States. He loved this country with all his heart.

Q: *Are there days when you yearn for the peace and stability of being the NFL commissioner?*

A: I thought you were going to say being an academic. (Laughter.) I was going to say that's not so peaceful and civil necessarily. Sure, there are days when I look forward to my future in sports, absolutely, but I'm very lucky. You know, this is an extraordinary time, and we have a president who recognized after Sept. 11 that we were not in ordinary times. And you know, he didn't have to. That was insight and vision because there might have been people who reacted to Sept. 11 by just trying to deal with the immediate threat of al-Qaeda and Osama bin Laden, but wouldn't have recognized that this was a strategic shift for the United States, that we were really now going to have to try and help create conditions of liberty and freedom so that there would be a Middle East from which that kind of ideology of hatred wouldn't come again. And it's a generational commitment. And if we can play a small part in laying a foundation for that different kind of world, then this will have been quite a time. 🌿

Interview: John Raughter

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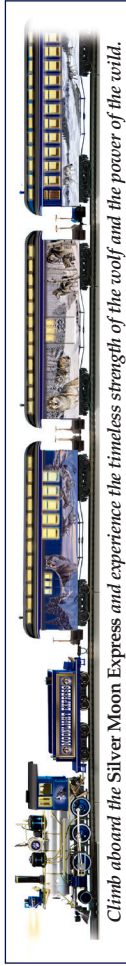


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Pension Deficit Disorder

Hope for a comfortable retirement may be shaken, but it's not fallen yet.

BY DAN ACKMAN

When United Airlines terminated its employee pension plans last year, the decision was both part of a trend and an anomaly. The event was common in that traditional pension plans have been disappearing from the American scene for some time. But it was also unusual. First, the scale was historic: the company defaulted on \$3.2 billion in obligations. Also, the decision came under distress, the result of a headline-grabbing bankruptcy. Most pension-plan terminations, however, come not with a bang but a whimper.

The terminations keep on coming. At this point, the defined-benefit pension plan, in which workers receive a pre-determined amount per month after retirement, are a dying breed. With their demise, the retirement prospects of many workers have

become less secure. But what's often left unsaid is that many workers have never had secure retirements to which they could look forward. While the entire U.S. retirement system is much shakier than it should be, there are at least a few reasons for guarded optimism going forward.

According to the Pension Benefit Guaranty Corp., the government agency that insures pension benefits for private-sector workers, 39 percent of the nation's work force was covered by traditional private-sector pension plans in 1980. By 1999, just 20 percent was covered.

The decline in the number of pension plans is even more dramatic. In 1985, the PBGC insured 114,000 plans. Today it insures about 30,000. Public employee pensions, including those provided by

the military, are not covered by the system.

But of the 84,000 plans that have gone by the wayside, just 3,600 went bust without providing for their members. The rest were maintained by companies that merged with others, meaning pension plans were merged as well or were voluntarily terminated with enough assets to pay off their beneficiaries.

Since 1980, the overall size of the work force has grown. Also, the remaining plans are larger on average than those in existence decades ago. Thus, the number of current workers in single-employer defined-benefit pension plans has fallen by just 4.3 million individuals – from 21.5 million in 1985 to 17.2 million in 2003, according to the Employee Benefit Research Institute (EBRI), a Washington-based think-tank.

The Real Horror Stories. It's not as if corporate CEOs don't appreciate the value of secure pensions. They do, at least when paying themselves. Citing data from the Corporate Library, the AFL-CIO says the top 25 CEO pensions are slated to pay out anywhere from \$2.2 million to \$6.5 million annually. Pfizer's Hank McKinnell and Exxon Mobil's Lee Raymond top the list. United Airlines CEO Glenn Tilton has a \$4.5 million set-aside in three trusts for his retirement. He defended the perk in 2005 testimony before a U.S. Senate panel by saying, "It's part of my contract." Top executives below the CEO rank also tend to have healthy retirement packages.

Among ordinary workers, the horror stories about pension busts are real. Hundreds of thousands of workers who had been expecting secure, even plush, retirements are destined for disappointment. But the main letdown will be felt by highly paid workers, such as airline pilots, who had earned large pensions based on their annual salaries. This is because the PBGC only guarantees pensions up to a maximum of \$47,659 per year (for 2006 retirees who work until 65). Those who believed they would receive more will be hurt. Those to be paid less, on the other hand, will get what they bargained for – assuming, of course, the PBGC itself doesn't go bust. (More on that prospect later.)

As these numbers show, private pension beneficiaries, while numbering in the tens of millions, have never represented a majority of the work force. But in recent years, the numbers have been steadily eroding as major companies, both rich and poor, terminate thousand of pension plans annually. The minority of workers who used to

benefit has gotten substantially smaller. What happened?

While private-company pension plans date back to the 19th century, they became commonplace only after World War II. Companies, especially unionized companies, tended to offer non-cash benefits such as pensions and health insurance, rather than cash benefits. The non-cash benefits were tax-free, which was good for the worker. They also tended to encourage workers to stay on the job for the long term, which helped large, especially industrial, companies that were rapidly expanding during the U.S. boom of the 1950s and 1960s. The trend spread even to non-unionized companies like IBM as workers came to expect pensions to secure their retirements. Offering pensions was critical to recruiting the best workers, says Jim Norby, president of the National Retiree Legislative Network.

During the first 25 years after World War II, wages, productivity and family incomes all doubled in real terms, says Ron Blackwell, chief economist for the AFL-CIO. During the next 25 years, productivity continued to rise, but real wages stagnated. Still, companies were generating enough cash to adequately fund their pension plans. This does not mean every plan was fully funded – many were not – but companies could look to the future confident that they could pay their pension obligations to future retirees when the time came.

Even early on, however, there were some hints of future troubles. In 1963, the financially ailing Studebaker Corp. terminated its underfunded pension plan. Company employees had no legal recourse to collect on their post-retirement promises. Former PBGC executive director Bradley Belt says that was "the catalyzing event that led to the passage of the Employee Retirement Income Security Act (ERISA) and the creation of the Pension Benefit Guaranty Corp. a decade later."

The 1974 legislation was designed, broadly speaking, to create rules for funding pensions to insure plan solvency and to allow for a backstop if the plans failed. While the PBGC is funded by premiums paid by companies that organize pension plans, many assume the federal government will step in if the PBGC itself ever fails to insure pension payments.

Cracks in the system have now appeared. The PBGC has taken more than 3,600 plans, covering 1.3 million people. The largest failures have been in declining industries like steel, where Bethlehem Steel and LTV Steel have defaulted, and the airline



industry, where TWA and United have defaulted. The PBGC itself has reported a \$23 billion deficit between its assets and its liabilities to current and future retirees.

But the real dangers are still on the horizon. U.S. pension plans are underfunded by a total of \$450 billion. This shortfall, it must be said, is on a "liquidation basis." That means that if all pension plans ended today, there would be almost a half-trillion dollars too little to pay what retirees are due. But the plans are not ending today, and companies sponsoring them have time to add cash or to benefit from increases in their investment portfolios – or both.

Past the Tipping Point. The rules governing pensions tend to be pretty arcane. They are the province of the most gnome-like bankers and attorneys. As a result, changes in the law don't tend to boil to the surface until years after they occur. One big change occurred in 1978, when Congress added a Section 401(k) to the Internal Revenue Code. While not much happened right away, this legislation paved the way for what became known as 401(k) plans, also known as defined contribution plans, which are responsible in part for the decline of traditional defined contribution plans. Another major factor in that demise were new regulations that followed in the wake of ERISA, says Robert Clark, a business professor at North Carolina State University and co-author of "Reinventing the Retirement Paradigm" (Oxford University Press, 2005). These regulations added to the cost of maintaining traditional pensions, he says.

At the same time, workers were becoming more mobile and less unionized. A worker expecting to jump from job to job over the course of his or her career might be more tempted by a 401(k) plan that is devoted specifically to him as opposed to a company-wide pension. (The AFL-CIO's Blackwell points out, however, that defined benefit pension plans need not tie a worker to one company. Workers in building trades, for instance, may work for hundreds of companies and then retire on a industrywide pension to which his many employers have contributed over the years.)

By the early 1980s, companies like Johnson & Johnson and PepsiCo were offering 401(k) plans, sometimes in conjunction with profit-sharing or stock-bonus plans. Their numbers soon mushroomed. Between 1985 and 1995, the number of sanctioned 401(k) plans grew from 17,000 to 201,000, according to the Employee Benefit Research Institute.

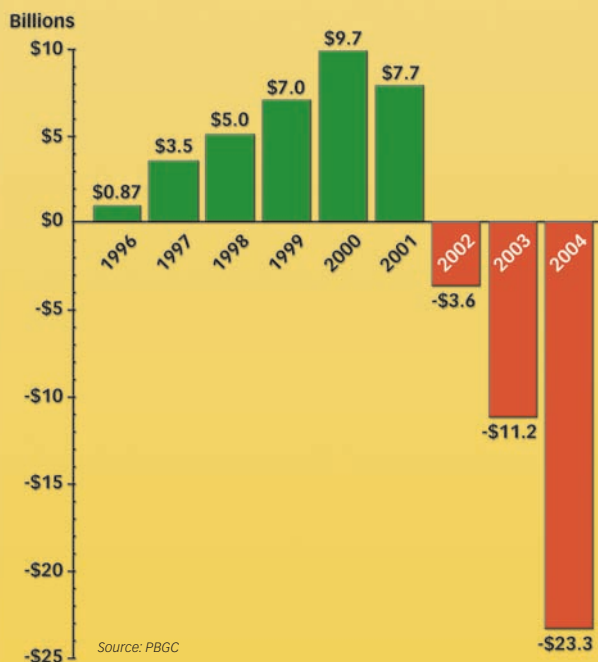
By 1999, the number was 335,000, with more than 60 million participants. The number of traditional plans was in steep decline.

The reasons are partly employer-driven, partly employee-driven, says Craig Copeland, a senior researcher at EBRI. For companies, funding defined-benefit plans was quite complex, depending on vagaries of interest rates and the stock market. For employees, the benefit of 401(k)s and other defined-contribution plans is they can take them from job to job as they move on in their careers. The worker controls how the money is invested (within a limited range of options), giving him or her more control but with added risk. Unlike the traditional pension, which historically was paid in the form of an annuity, a 401(k) guarantees no ultimate benefit at all.

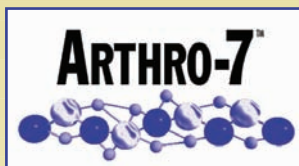
During the incredible stock market boom of the late 1990s, defined-contribution plans became all the rage. Employees would receive their quarterly statements, and they seemed on a forever upward

The PBGC's prickly position

Just five years after posting a net-position surplus of \$9.7 billion, the Pension Benefit Guaranty Corp.'s Single-Employer Program ended 2004 with a deficit of \$23 billion – the largest year-end shortfall in the agency's 30-year history. The main reason for the deficit: losses from completed and probable pension-plan terminations, which totaled \$14.7 billion.



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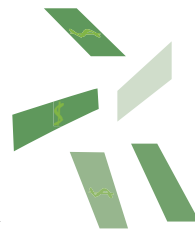
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trajectory. Though traditional pensions could easily be more valuable, baby boomers tended to discount them or ignore their value entirely. At the same time, with stock prices climbing so steadily, many companies found their pension plans were overfunded, meaning they had more assets on hand than they would need to pay retirees (based on expected future costs). Companies could use pension-plan gains to add to their reported profits – and would not have to fund them at all.

But when the Internet and tech bubble burst and stock prices started falling, companies found they needed to pump cash into their pension plans. At the same time, a spate of bankruptcies in steel, airlines, and most recently the auto industry have focused corporations on high “legacy costs” – that is, pensions and health care for retired workers. Traditional pension plans fell quickly out of favor, even for healthy firms like the Baby Bells and IBM.

We are now past the tipping point, says Zvi

Bodie, a finance

and economics

professor at Boston

University’s School of Management and author of “Foundations of Pension Finance.” The shift from defined-benefit to defined-contribution plans is now all but complete. The result of all this activity has been a wash, in some sense. The percentage of active workers who have some form of retirement plan has held fairly constant at around 48 percent since 1985, but there has been a shift between the types of plans.

Current retirees are being paid more in benefits than ever. In 1980, private-employer pension and profit-sharing plans of all types were paying out \$35.3 billion, according to EBRI. By 2003, the amount had increased ninefold to \$320.4 billion. The value of assets held by retirement plans has multiplied seven times in that same period. While most of the growth has come in 401(k)s, traditional pension-plan assets also have increased. Of course, there are now more retirees sharing the larger pie. That’s the good news.

The bad news is that many workers still have no retirement plans, and most workers’ plans appear totally inadequate to the task. Overall, the national savings rate is near zero. Nearly 28 million U.S. households – 37 percent of the total – do not own a retirement savings account of any kind. As of 2001, among the households that owned a retirement savings account, the average value of all such accounts was \$95,943, according to the Congressional Research Service. That figure was distorted by the relatively few large accounts, and the median value of all accounts was just \$27,000.

Even among households headed by 55- to 64-year-olds, the median value of the retirement accounts was \$55,000 as of 2001, the CRS says. Even among households with incomes of \$75,000 or more, nearly a quarter had no retirement savings account or pension plan. Just 11 percent of all Americans report retirement savings of \$250,000 or more, EBRI reports. Under the current system, more workers are responsible for their own retirements – and they may not be ready for it.

With Social Security replacing about 40 percent of income for the average worker (a greater percentage for low-wage workers, less for high-wage workers), Americans need to have something else to fall back on: a pension, a 401(k) or savings. Too often, they have none of the above.

The current generation of retirees is probably as well off as any in history. There were a few boosts in Social Security payouts compared to a generation

ago. A large

percentage, though

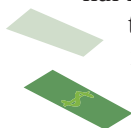
not a majority,

benefit from traditional pensions, and they tend to be good savers. But the next generation of retirees will test the strength of the system as never before. Fewer retirees will have pensions. Some of those pensions will likely go bust. Even if the PBGC can step in, benefits will be reduced, at least for some. Increases in Social Security are unlikely.

Many baby boomers have deferred their plans too long to save for retirement, and it will be hard for them to make up the difference. In all likelihood, there will never be another generation of blue-collar workers as well off in retirement as those who retired during the past 20 years or so. While no one projects widespread poverty among the elderly – as was the case before Social Security – their financial well-being could take a tumble.

“That’s what it comes down to: (future retirees) making good decisions,” EBRI’s Copeland says. “As of now there are a lot of people who are not, so they are going to be in trouble.” But eventually people will learn to save more and invest more sensibly. They will insist on employer contributions as part of their pay packages. When that happens, America’s retirement system will be stronger than ever. 🌿

Dan Ackman is a regular contributor to The Wall Street Journal and The New York Post. He was senior columnist for Forbes.com from 2000 to 2005 and has made regular appearances on television networks, including CNN, CNBC, Fox News and MSNBC.



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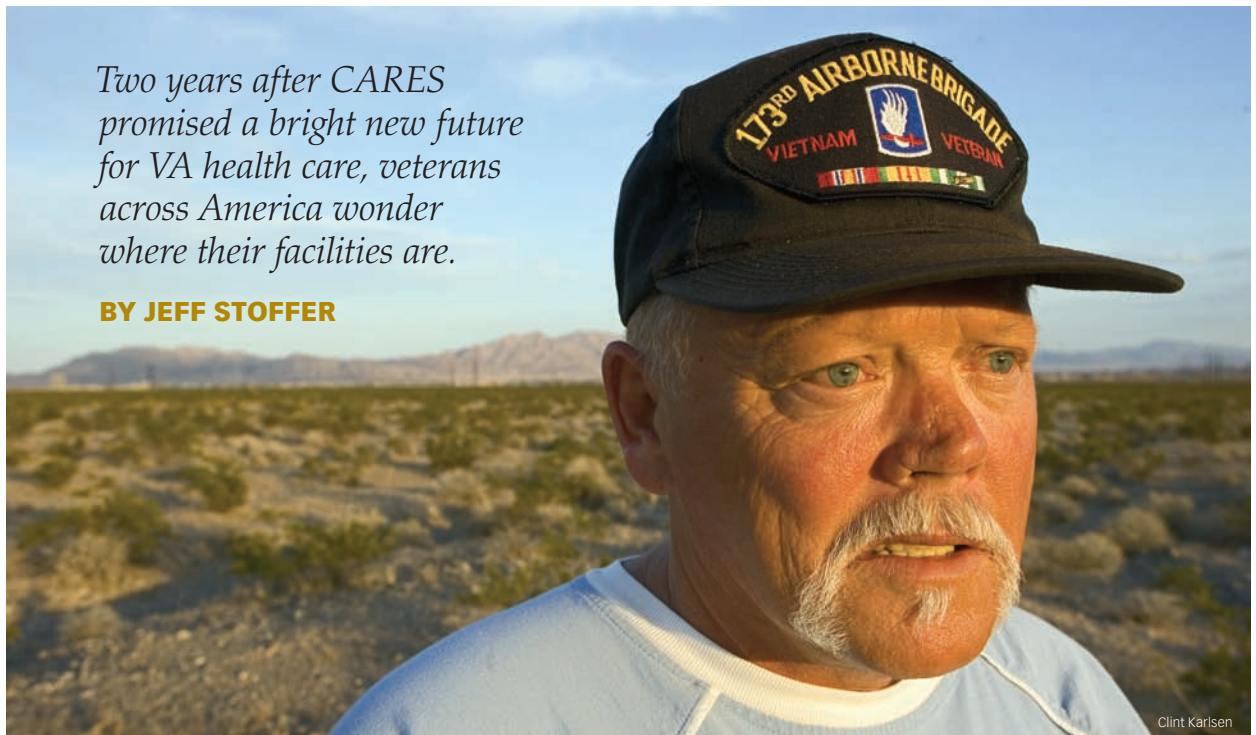
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'At a Snail's Pace'

Two years after CARES promised a bright new future for VA health care, veterans across America wonder where their facilities are.

BY JEFF STOFFER



Vietnam War veteran Leonard Wenson awaits a new VA hospital on 200 acres northwest of Las Vegas.

Anthony Principi went to the heart of the monster when he chose Las Vegas on May 7, 2004, to unveil the biggest decision of his four-year reign as VA secretary: a nationwide 20-year plan to realign veterans' health-care facilities in measures unseen since the troops came home after World War II. Nearly a quarter-million veterans had ridden a torrent of growth

was condemned due to safety reasons five years after it was built. The situation was such that some 1,500 veterans regularly traveled to southern California for VA medical attention. And it was the city with the fastest growing veteran population in America.

As a symbol of need, Las Vegas could not be disputed. And it was not alone.

By May 2004, 13 years had passed since the federal government built its last new VA hospital. Congress had frozen funds for major construction until a comprehensive long-term building plan was in hand; Principi went to work on that plan. By the time it came out, Vegas-like situations were everywhere. In rural areas, veterans were traveling hundreds of miles over treacherous roads to wait in line at outdated hospitals. In Togus, Maine, scaffolding was installed to keep bricks from falling off the hospital and onto patients. Central Florida, like Las Vegas, faced a soaring veteran population without a VA medical center within

into southern Nevada; no end to it was in sight. In a city where multi-million-dollar casinos and 5,000-room hotels gush up from the earth in a matter of months, Las Vegas had a VA health-care system strung together like Christmas lights from grandpa's attic – some twinkling, some not – nearly a dozen clinics on short-term leases at various locations around the city. VA also had an agreement to share the active-duty hospital out at Nellis Air Force Base. And it had the cracked, sinking shell of a former ambulatory care center that

VA HEALTH CARE

A System Worth Saving

This is the first in a series on the status of VA's efforts to realign its health-care system. The American Legion, through its System Worth Saving Task Force, has been monitoring progress and conducting site visits across the nation since 2003.

reasonable driving distance; only 45 percent of Orlando's veterans were within VA's own access standards for care. Bed towers in earthquake zones failed to meet seismic specifications. In some major cities, there were three VA medical centers. In others, none. The system had fallen, according to Principi, "out of step with changes in the practice of medicine, the veterans we serve, and with statutory changes in the VA health-care benefits package."

Attention was focused on VA's declining physical state in 1999 when a report calculated the U.S. government was spending about \$1 million a day on unnecessary VA real estate and, without significant changes, would spend billions more in years to come. Blame was placed on the fact that VA continued to maintain a fleet of hulking 50-year-old and older hospitals, throwbacks to an era when multi-night stays were common for procedures that today are handled on an outpatient basis. With its collection of 1,400 or more hospitals, clinics, nursing homes and other facilities, VA got off to a slow start in the outpatient and home-health revolution well under way elsewhere in American medicine.

As quickly as it could, VA began to catch up. Hundreds of community-based outpatient clinics designed to situate care closer to where veterans live, sprang up in the mid and late 1990s. As they did, more VA hospital wings darkened, and many facilities – like the Livermore, Calif., complex built in 1925 as a tuberculosis sanitarium for World War I veterans – began converting their inpatient rooms into specialty care units where veterans were expected to visit but not spend the night.

The inpatient-to-outpatient metamorphosis came just in time for a dramatic increase in VA enrollee numbers. The Veterans Health Care Eligibility Reform Act of 1996 had opened VA's medical services to all veterans, regardless of income or disability rating, and new patients were pouring into the system, more than doubling the workload in a six-year period. Congressional funding for VA health care did not

match the pace of new demand.

The rush of new patients created long and well-publicized waiting lines. At one point, more than 300,000 veterans were waiting 30 days or longer for VA doctor appointments, a problem Principi staunchly by capping new enrollment of veterans with higher incomes.

The system was growing and changing fast. Principi, a Vietnam War combat veteran, stood on a stage outside one of Las Vegas' leased clinics and announced in 2004 that he had in hand the strategy to manage this evolving empire. He told Nevada's congressional delegation, city officials, national leaders of veterans organizations, doctors, nurses, patients and media that "the VA health-care system now stands at a crossroads between medical care of the past and the great possibilities of the future. The CARES Commission report is a well-reasoned roadmap to the 21st century."

Two years later, veterans across America – including Las Vegas where Principi described the need as "urgent" – are still standing at that crossroads. And they are wondering why no one seems to be following the roadmap. Principi, who resigned at the beginning of the Bush administration's second term, had made it clear that if CARES – VA's Capital Asset Realignment for Enhanced Services endeavor – were to succeed, it needed \$1 billion a year in unique funding. It has not had \$1 billion in any year yet. And the 2007 budget recommendation calls for a quarter of that.

"Progress has been at a snail's pace," said Rep. Mike Michaud, D-Maine, a member of the House Veterans Affairs Committee. "I'm very disappointed in the VA for not moving forward. The CARES process was established for good reasons. There was an understanding that they would move forward on it. It's a funding issue."

Last September, VA suspended local meetings in 18 communities across the country where CARES decisions remained unresolved. Veterans expecting a second stage of planning in the

See CARES, page 38

Chronology of CARES

1994

VA health care, under pressure to privatize due to inconsistent performance, reorganizes into 22 (later reduced to 21) Veterans Integrated Service Networks (VISNs).

1996

The Veterans Health Care Eligibility Reform Act opens VA facilities to all veterans. VISNs, whose funding depends on patient numbers, aggressively market veterans into the VA system, where independent audits show marked improvement in quality.

1997-2002

VA adds more than 600 community-based outpatient clinics (CBOCs) to better deliver care to veterans closer to their homes, reducing pressure on large inpatient-intensive hospitals.

1999

The GAO reports that VA is spending millions a year on under-used or vacant properties.



Everett Alvarez Jr., knows how to get by on limited resources. The first Navy aviator taken prisoner in the Vietnam War, he survived eight and a half years of captivity, hunger and torture before his release in 1973. He retired as a Navy commander and went on to serve as deputy administrator for the VA. In 2003, he was named chairman of the 11-member CARES Commission, to offer recommendations to then-VA Secretary Anthony Principi on the realignment of VA health-care facilities nationwide.

Commission members conducted 38 site visits, held public hearings and solicited thousands of comments before turning over its recommendations in February 2004. The commission was dissolved last year. Alvarez Jr., recently spoke with The American Legion Magazine.

CARES COMMISSION CHAIRMAN:

'Keep the concept moving'

Q: *How do you feel CARES has progressed since the decision was unveiled?*

A: Two years ago? It's gone by quickly. I think the key is how VA manages this whole thing. It's a blueprint, not a wish list. There has to be a lot of prioritization. And a lot depends on funding.

Q: *How do you assess the budget commitment so far from Congress?*

A: Congress allocated about \$1 billion the first year, which was great. But this was much bigger. There was always going to be a struggle over how much Congress can give to this. Things come up to alter plans – like Hurricane Katrina, which caused disruption in the planning down in the southern gulf area. That's why management is so important.

Q: *CARES is not a distinct item in the 2007 budget. How significant is it that?*

A: Again, it depends on how VA manages it. I'm not too sure I understand the rationale behind taking it out as a line item. The key thing is the commitment of VA management – however they handle the budget – that they keep the concept moving.

Q: *Cost estimates have risen sharply in some places. Was that expected?*

A: A lot of the costs were soft figures. The next step was to get the expertise to get the true costs. We always knew we would have to go back and look at hard numbers. Then you have something to work with. Then you have to prioritize, look at where the greatest need was with respect to service to veterans. Pittsburgh was a good example of an opportunity. And there were areas of needs – like Columbus, Ohio; the Rio Grande Valley; West Virginia; and Kentucky, where there were tremendous gaps in mental health-care needs.

Q: *How did the commission evaluate trends in patient numbers?*

A: We looked at the demographics. In many states in the Northeast, there's a World War II population that is dropping off tremendously. And then the argument would come up, 'What about the guys coming home from Iraq?' For them, it's not so much the numbers, but a difference in medicine and the delivery of health care in today's world. You can feel the future *vis a vis* the past. We had a system that was built prior to World War II – 60 years ago – which has evolved tremendously. Treating people coming back from Iraq or future conflicts is going to be different. You want all the benefits of modern technology, for one thing, and you want to provide that care closer to their homes.

The wounds we are seeing out of Iraq are much different – the prostheses, needs of amputees, the head injuries, traumatic injuries... we are going to see for years the need for mental health care. I think that is going to be the bigger need in the future. I would love to see these people able to utilize VA health-care services closer to where they live. VA can do that, in many cases in the local community. What I am talking about is getting the care out there. That's part of the philosophy of the CARES report.

Q: *How did the cost of the war in Iraq affect the commission's thinking?*

A: The war broke out just as we were finishing. It wasn't so much that these facilities were going to get a lot more use – it was that money would become harder to get. It's going to take careful planning to move this thing forward. Return on investment is written throughout it.

Q: *What lesson did Chicago provide as a pilot for CARES?*

A: It was a lesson learned, I believe. The best thing that happened was involvement of the locals.

Q: *That involvement got to be pretty intense, didn't it?*

A: It should be. These are the beneficiaries – the veterans. And the employees, the caregivers – they are the users. They all have a stake in it. That's why the panel concept was good.

Q: *After the 2004 decision, local advisory panels were assembled to help resolve CARES issues that were still up in the air. The meetings were suspended last September. What happened?*

A: I am not familiar with why they were suspended. It's my speculation that VA management needed time to get a better handle on how they were going to put this thing together. It's not fair to get people locally excited about something and then when you can't do it – because in reality, the funding is further down the road – you have frustration.

Q: *In places where facility closures and reduced services were proposed, veterans were pretty upset. Do you think the advisory-panel process was suspended to let things cool off?*

A: I suspect that's what happened. To be honest, it should have been anticipated. So, they stepped back. I was not involved in that part of it, so it's not fair for me to criticize, but it's not easy to get these things going. They probably felt like it was time to settle back, get organized and make sure that we're all onboard this train. It's a very complicated endeavor.

Q: *How did veterans respond to the idea of increased use of contracted care?*

A: When we talked to local groups, we explained, 'We're not turning you over – we're sharing.' And then we showed examples of how we could work out deals with community providers. In most cases, they said it was good.

Q: *How well is CARES achieving maintenance cost savings?*

A: I would hope that we are on our way. We are still early in the planning. There hasn't been enough implementation. We're still wrapped up in politics. Some places are moving rapidly, but those are

areas where they really need it. Where you have to close a facility, or reduce the size so resources can be used differently, it's slow. Even if VA had the \$1 billion a year for the five or six years, it would be a while before you would even see the result. In fact, if anything, there's been more expenditures. That's to be expected, upfront costs.

Q: *What about the plan's lack of attention to long-term care?*

A: That's where we need to back and improve the model – add to that portion. That's a tremendous need.

Q: *It was apparent early that CARES went deeper into VA health care than physical plant issues.*

A: It's the delivery of health care that's the issue. It's the issue in this country. Look at Medicare. Look at Medicare and Social Security costs. How are we going to handle that in the future? VA is right in the forefront with CARES. If you can convince people this is going to be helpful 15 or 20 years down the road – if you can alleviate fear – you can get momentum.

Q: *How do you see VA and Congress fulfilling the CARES vision in years to come?*

A: I would say 90 percent of those recommendations will happen over the next 20 years. It is inevitable.

Q: *Was it a more difficult process than you expected?*

A: It went better than my expectations. One thing I did was make sure I brought on representation from major veterans groups on the commission. I would have loved to have had more field hearings. That was the most important part. We had 38 field hearings. At least, if I were a World War II veteran, it gave me a chance to feel as if I was heard. We used an open forum. Comments were taken in, compiled, on the record, and the commission actually looked at these. Good ideas came out of it. Most important was to give veterans a say.

Interview: Jeff Stoffer

2001

Chicago is the pilot city for VA's Capital Asset Realignment for Enhanced Services process. After studying the city's VA health-care services, a consultant concludes that Lakeside VA Medical Center should be closed without new construction elsewhere. Enraged Chicago veterans protest the plan at public hearings, in the media and before Congress.

2002

A new plan for Chicago, with greater veteran input through a local CARES Advisory Committee, leads to plans for a new bed tower at Jesse Brown VA Medical Center to meet spillover demand from the closure of Lakeside.

2002

VISNs submit their own "market plans" recommending service realignments, based on trends in their areas.

2003

A National CARES Commission is assembled to make nationwide recommendations.

VA HEALTH CARE

A System Worth Saving

2003

Acute-care services are terminated at Lakeside VA Medical Center while Chicago's new bed tower is still in design.

2003

VA releases a Draft National CARES Plan recommending closure of seven VA medical centers, changed or reduced missions for about two-dozen other facilities nationwide, and more than 200 new community-based outpatient clinics.

2003

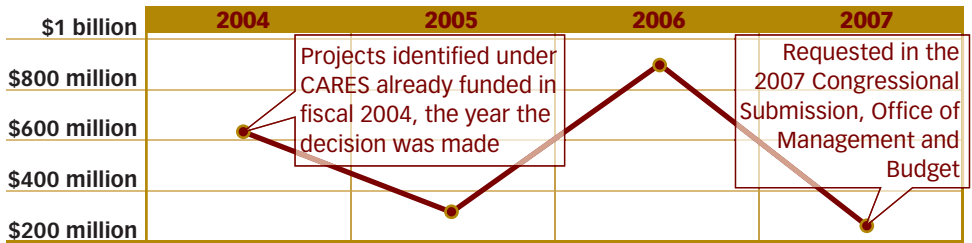
The American Legion launches its "System Worth Saving" Task Force to evaluate VA facilities throughout the nation.

2004

The National CARES Commission submits its recommendations, and then VA Secretary Anthony Principi delivers his final decision in Las Vegas, one of three cities identified to receive new VA medical centers. Principi estimates CARES will cost approximately \$6 billion with ongoing fiscal commitment.

Funding for projects identified in CARES, 2004-07

Former VA Secretary Anthony Principi said it would cost \$1 billion a year to bring the Capital Asset Realignment for Enhanced Services decision to reality. In the first two budget years under CARES, projects identified in the decision have received just over \$1.2 billion, and the 2007 budget request called for \$253,095.



CARES, from page 35

program logged onto the CARES Web site and were greeted with "TBD" – "to be determined" – where the next meeting notice was supposed to appear. As an acronym, CARES itself has begun to fade from the Washington lexicon. The new term is "right-sizing." CARES vanished as a line item in the budget. Projects listed as priorities under CARES have been replaced by others that weren't listed in 2004. Meanwhile, VA is trying to figure out how to restore a system in New Orleans in the aftermath of Hurricane Katrina. Congressional leaders say little or no headway has been made against the cost of maintaining excess property, which originally was the point that fueled the realignment effort. About 150,000 new veterans from operations in Iraq and Afghanistan are now using VA services for various needs, including notable increases in post-traumatic stress disorder, amputation rehabilitation and brain injuries. And hundreds of veterans of all war eras – from Waco, Texas, to Walla Walla, Wash. – who fought to have a say in the future of their VA health-care systems are now worried they wasted their breath in all those Local Advisory Panel meetings. VA Secretary Jim Nicholson suddenly announced in April, after months without word on CARES, that the medical center in Big Spring, Texas, will be spared, and he is nearly ready to decide the fates of the others.

"We don't know what's going to happen," said Ted Pugh, a career Air Force veteran from Las Vegas. "Two

years ago, Principi said we would have a building in two or three years. Now we are looking at 2010 or 2011."

"Fifteen years from now, if I am lucky, we will see a VA hospital in Las Vegas," adds disabled veteran Duane Gordon.

It took 16 months to build the Pentagon. The Empire State Building went up in 410 days. It now appears that seven years will pass between the CARES decision and Las Vegas' long-awaited hopes. Meanwhile, the construction cost has ballooned by an estimated 40 percent. In the year it is supposed to break ground, 2006, the project awaits nearly a third of its funding, and because it was skipped in the 2007 budget, completion is delayed at least a year, if not two. Nothing but wind, sand and sagebrush can be found on the 200 acres VA received free from the Bureau of Land Management about 10 miles outside the city. "When you think the new facility won't be finished until 2011," Pugh says, "the average World War II veteran thinks, 'Well, that'll be after I die.'"

CARES IS VARIOUSLY DESCRIBED AS

a process, a report, a decision, a down-sizing, a build-out, a blueprint and a boondoggle. It stood to steer the entire philosophy of veterans health care in a new direction. Facilities nationwide – from major medical centers to long-term mental health operations – were identified for major changes. In places like Chicago, Pittsburgh, Canandaigua, N.Y., Waco, Texas, and Livermore, Calif., plans for reduction of services or closures ignited fury and protests

SPORTS TECH NEWS

New golf club's secret metal may hit too far on some par-4's.

Coating on surface derived from armor-piercing metal used by military.

Largest head size allowed.

YALESVILLE, CT -- A small company in Connecticut has taken the largest head allowed under the Rules of Golf, and souped it up with a coating derived from a once-secret metal developed by the Department of Defense to pierce enemy armor.



by Charlie Allen

The coating hits with a force twice as hard as steel, 70% harder than titanium.

With that much punch a good golfer could turn some par-4's into par-3's.

That's not what officials had in mind when they set a 460 cc size limit on clubs. Golf officials were trying to restrict distance, and they still are. There is talk of new rules requiring manufacturers to tone down their balls.

Good luck. Manufacturers will always push the envelope, and the maker of this club is no exception. Look what it's done. First, it chooses a club head that goes right to size limit, then it slips in under the radar with a coating that comes from the tips of torpedoes and armor-piercing shells. Nothing wrong here, unless the club provokes a new rule. And it might. Here's how it performed when a pro and other golfers tested it.

20-40 yards farther

One golfer hit seven out of eight shots 20 yards farther with the new club. "I wish I hadn't just spent \$400.00 on mine," he said.

A ten-handicapper, who also plays a \$400.00 driver, hit the new club 40 yards farther. He said, "I'm not doing anything. It seems to swing itself."

Another golfer who had just bought a 460 cc driver (they can cost \$400.00 to \$500.00) wanted to get his money back. A husky golfer who swings at about 120 MPH actually cracked a ball with it. Another golfer hit five of his seven drives from even



Coating on face of new golf club is 70% harder than titanium. Added power, size of head, challenge distance restrictions.

to ten yards past shots he hit with his own driver, a \$449.00 club.

Too powerful for some par-4's

A former PGA pro who played it in California said he had to club-down to a 3-wood on several par-4's. A 21-time Connecticut long-ball champ said of the 500 drivers he's used used over twenty years, this one hit farther with less effort than any of them. One golfer begged the company to let him take it with him for a week in Palm Springs. A low-handicapper curved several shots around imaginary dog legs 220 yards out. The club's huge sweet spot gave him more room to work the ball from toe to heel.

I asked a Director of the company that developed the club, called the *Controller® 460*, for comments. He lit up.

70% harder than titanium

"This is the driver of all time! Tell me how anything can beat this: A driver with a maxed out head and sweet spot, a coating derived from a metal used by the military to pierce enemy armor -- steel and titanium are too weak to do that -- a clubface twice as hard as steel, 70% harder than titanium, a 45 1/2 inch, 69-gram high-fiber, graphite shaft that

cracks through the air like a bull whip. What's left! Look at those shots! That guy over there will shoot scratch golf.

"We're giving golfers 30 days to play it. If their scores don't drop big time, they can send it back and we'll refund its price promptly."

Big drivers hit big shots. That's why there's a 460 cc limit. A 460 cc driver with a 70% kicker hits really big shots.

If you want to play the *Controller® 460* for 30 days, call the company at **1-800-285-3900** or go to **www.ngc-golf.com**. You can also send your name and a check (or cc number and exp. date) to NGC Golf (**Dept. FD-40**), 60 Church Street, Yalesville CT 06492. It's not in stores.

The graphite shaft model costs only \$99.00; the company's top-of-the-line *TurboTip®* graphite shaft costs \$119.00. The *TurboTip®* shaft has a big-butt grip for firmer control and extra weight in its tip for more club head speed.

When you buy the driver, the matching 3 and 5-woods are available at a \$10.00 discount off the driver's price.

Specify shaft model, right or left-handed, regular or stiff flex. S/h is \$14.95 for one, two or three clubs. CT add 6% sales tax.

Oh, yes. If you swing at 120 MPH, bring some extra balls.

2005

Pricewaterhouse-Coopers is awarded a \$9.6 million 13-month contract to guide 18 undecided communities to final decisions. Local Advisory Panels emphasizing stakeholder input are established in the communities. They move through the first of two stages in planning when meetings are suddenly suspended.

2006

VA Secretary James Nicholson – after seven months of little or no communication about CARES – announces that the VA medical center in Big Spring, Texas, will not have its mission changed and that he is nearly ready to decide on the remaining undecided communities.

2007

CARES is not mentioned as a specific line item in the VA budget.

among veterans. In places like Maine and the Northern Plains, where a doctor's appointment can mean a 200-mile drive through the wind, snow and ice, veterans looked forward to new outpatient clinics closer to home, 156 of which were identified through CARES as priorities by 2012 across the country.

CARES came largely in response to a General Accounting Office (now Government Accountability Office) report that showed VA was spending about 25 percent of its health-care budget maintaining buildings. "In our view," the report stated, "VA could enhance veterans' health-care benefits if it reduced the level of resources spent on underused or inefficient buildings and used these resources, instead, to provide health care more efficiently in existing locations or closer to where veterans live."

In Orlando, Denver and Las Vegas – where long-awaited hospitals appeared finally on the horizon thanks to CARES – there was elation. "Veterans were so happy," says Leonard Wenson, a Vietnam War veteran who uses Las Vegas VA services when possible but also travels to Los Angeles or San Diego for treatment not provided locally. "Finally, we were getting a hospital. Morale was up. We were all talking about what we were going to get – different doctors, different specialty clinics."

Rep. Shelley Berkley, D-Nev., a member of the House Veterans Affairs Committee, is livid about the funding delay. "What if the money isn't in the 2008 budget? Does that mean we go beyond that? I've got 80-year-old veterans standing in 110-degrees temperature, waiting for a shuttle to pick them up to take them to this clinic to get this need met, then back on the shuttle to go to another clinic to get that need met. They deserve better than that from their government officials. It makes me mad. I want the numbers. I want to know when. I want to know how. I want to know why it's not what it once was."

AT A PRESS CONFERENCE in Indianapolis last spring, House Veterans Affairs Committee Chairman Steve Buyer,

R-Ind., said of CARES that "there were individuals who saw this as an opportunity to do a massive build-out of the VA ... who say VA should be a national health-care system for all veterans, to include dependents. They want to take CARES and do a massive build-out so that you have a veterans' clinic in every corner of America. That's not what this is supposed to be about."

He called a committee hearing May 11 to evaluate the state of VA's major construction projects and leases, and CARES was conspicuously missing from the agenda. Buyer did mention that one of the major projects identified in the 2004 decision – a replacement medical center for Denver – was rejected in appropriations after its cost estimate was reduced from \$700 million to \$620 million, posing what he described as "a credibility gap ... We must all recognize the need for improved facilities in the Denver area. However, it does not have to cost nearly \$1 billion to build a world-class medical center."

The hearing went on to explore creative ways VA can maximize resources by collaborating with medical schools, the military, and other partners, including public and private entities.

By the end of the hearing, it was clear that major construction projects were overdue across the country – Orlando, Las Vegas, Denver, New Orleans, San Juan, Puerto Rico, and Charleston, S.C. "It has been decades since the committee had this many construction projects in front of it," Buyer said. "The list goes on. How are we going to build six major facilities in a short period of time? I'm willing to look at the alternatives."

Veterans in Las Vegas thought that had already been established – New Orleans notwithstanding – on May 7, 2004, when CARES was unveiled in the city where it was needed most. "I am very serious about this," Berkley said. "We need this facility. I have 5,000 new residents a month pouring into Las Vegas. Many of them are veterans, and their needs are not going away." 🌿

Jeff Stoffer is managing editor of The American Legion Magazine.

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In Need of ZZZZZZZs

Sleep studies help soldiers handle long hours on duty.

BY KAREN FLEMING-MICHAEL



Legion
42
7/2006

U.S. Marine Corps

Though it's been studied for about a century, why people need sleep remains a mystery.

"We know we need air, food and water, but unlike those other needs we don't know why we need sleep," says Dr. Thomas Balkin of the Walter Reed Army Institute of Research. "We do know we're a mess without it."

Troops in garrison need it just as much as troops in the field, but because of unpredictable schedules sleep often eludes the latter.

"Due to the mission, you've got a brief period – maybe six to 12 to 18 hours – to kind of refit, get some sleep and go back out again," says Staff Sgt. Sean Byard, who deployed to Afghanistan twice and now works at the Walter Reed research facility. During combat operations, it wasn't unusual for Byard and his squad to go 24 to 30 hours without sleep. To stay awake, he'd walk up the side of mountains or do push-ups, encouraging his troops to do the same.

Persuading soldiers to sleep isn't too difficult, Byard says. "If you let a soldier know that

in the next 24 hours he's going to be awake for 16 of them, he's going to take time to go back and crawl in his sleeping bag."

Not getting enough sleep, on the other hand, causes problems. First, it affects mood, making sleep-deprived people cranky. Second – and most important during military operations – is its effect on mental performance.

"You tend to process information more slowly," Balkin says. "People do make errors when they're sleepy, but primarily what they do is slow down. In time-critical tasks like target acquisition, every second counts. Every millisecond can count."

As anecdotal evidence, Balkin points to a March 2003 CNN report on a 507th Maintenance Company convoy that was ambushed in Iraq. One report said the vehicles that took a wrong turn and ended up in Nasiriya had been on the move for 60 hours straight. Though Balkin can't verify the CNN report, he did say that sort of error would be "very typical" for someone who is sleep deprived.

"This occurs almost universally in adults and anybody who has ever driven when they're sleepy," Balkin says. "What usually happens is we zone out, we focus narrowly at the primary task at hand of keeping the car on the road. The secondary task of paying attention to where you are or reading the signs ... as you go by sort of falls by the wayside, so you end up driving past your exit and you sort of come to with a 'Where am I?'"

Compounding the mental slowdown that accompanies a sleep deficit is the fact that sleep-deprived people don't often know they're sleepy.

"People are not good judges of their own capacity to perform, just like drunks are not good judges of their capacity to drive," Balkin says. "One of the abilities that is decremented by sleep loss is the ability to judge just how well you're doing."

Military sleep researchers use lessons gleaned from sleep studies conducted in the civilian world, but they must take their work a step further because the two environments don't provide an apples-to-apples comparison.

Unlike shift work, in the military operational environment, "you're responding to operational exigencies. What the enemy happens to be doing at that time might dictate that you're going to have to stay awake. You may get to sleep in an hour or 20 hours from now. You don't know," Balkin says. "That's one of the challenges that we face: to optimize performance on the fly instead of ahead of time."

One of Walter Reed's research efforts to help perfect performance employs a device called an actigraph. Worn like a wristwatch, the actigraph measures and records motion. From the data it generates, sleep and wakefulness can be scored in a mathematical model. Balkin says the model, still a work in progress, should be able to predict a soldier's ability to perform his or

her job. It should also be able to tell users if they need a little jolt to stay awake and on task if they can't fit in a nap.

"We're applying studies to develop the model to be able to predict how much benefit people are going to get from, say, 200 milligrams of caffeine, which is about the equivalent of a Vivarin tablet or two cups of coffee," he said.

Caffeine, Balkin says, does a great job of keeping users awake and works as well as any stimulant that could be prescribed. It's also prevalent in the operational environment, he says.

"They probably have three or four coffee pots in every TOC (tactical operation center) going at the same time because those are also 24-hour ops," Byard says, adding that caffeinated sodas are usually available as well.

Another way caffeine gets to the field is through Stay Alert chewing gum. Each piece contains 100 milligrams of caffeine – about the amount found in a 6-ounce cup of coffee.

"Because it's chewed, it delivers caffeine to the body four to five times faster than a liquid or pill because it's absorbed through tissues in the mouth – not the gut, like in traditional formulations," says Dr. Gary Kamimori, a colleague of Balkin's at Walter Reed.



U.S. Army soldiers with Charlie Troop, 4th Battalion, 14th Cavalry, 2nd Platoon of Fort Wainwright, Alaska, get some rest inside a Stryker vehicle. Scientists at the Walter Reed Army Institute of Research stress that inadequate sleep can negatively affect a soldier's ability to make decisions during operations. *U.S. Air Force*

As the noncommissioned officer in charge of the Division of Psychiatry and Neuroscience at the Walter Reed research institute, Byard volunteered to participate in studies for the caffeine gum, in sleep suites, after hearing his co-workers talk about it. He and three other soldiers, not knowing if they received the caffeine gum or a placebo, were asked to stay awake for 60 hours while frequently performing tasks on handheld computers.

As it turned out, Byard was chewing the placebo gum, so he didn't get any help except the motivation of being around his fellow soldiers. "We managed," he says of the studies. "The hard part was staying awake and not hallucinating."

Kamimori's staff validated the Stay Alert gum's physiological effects in both single and multiple doses, and was able to determine the best dosing regimens for soldiers who, because



Master Sgt. Al Francis, a member of Rapid Equipping Force Iraq's Victory Detachment, chews some Stay Alert gum. Each piece contains 100 milligrams of caffeine, about the same jolt as a 6-ounce cup of coffee. *Capt. Patrick McNutt*

Nap-happy New Yorkers pay to snooze

Americans enjoy napping. In a 2005 poll conducted by the National Sleep Foundation, 35 percent of respondents said they take two or more naps per week. Now, two entrepreneurs are trying to capitalize.

Arshad Chowdhury and Christopher Lindholm have opened MetroNaps, a daytime sleeping salon located on the 24th floor of New York City's Empire State Building. A similar MetroNaps salon is open at Vancouver International Airport.

Each is furnished with sleeping pods, which resemble ergonomically designed dentist's chairs. The user can sit in the chair, which reclines, and then a cocoon-like dome is pulled down to cover the upper half of the chair, giving the user privacy and providing darkness.

Noise-cancelling headphones are provided to each user, and at the end of the session a programmable logic controller gently wakes up the user with a combination of lights and vibration.

In New York, the cost of a 20-minute session is \$14.

Chowdhury reportedly came up with the idea when he noticed co-workers starting to fizzle out mid-afternoon. "Everyone was tired all the time," Chowdhury told the National Federation of Independent Business. "Some people were even sneaking off to the bathrooms to take a nap."

www.metronaps.com

of the nature of their missions, aren't able to go to sleep. The gum doesn't interfere with the ability to sleep when the opportunity arises, Kamimori said.

The cognitive performance model of Balkin's group may help military commanders and medical professionals zero in on psychological problems.

"With depression and PTSD (post-traumatic stress disorder), you often get changes in sleep patterns that are indicative that someone is depressed or is becoming depressed," Balkin says. "Once everyone is wearing these things (as a proposed sports watch), it's possible that the data will automatically red flag anyone or any unit that's having a problem."

Nothing in this world is certain but death and taxes, Benjamin Franklin once said. If Balkin had his way, sleep would be added to that list.

"It's generally thought that sleep loss is something you can will yourself through: if you're tough enough, you can perform at optimum levels even though you're sleepy," he says. "But nothing replaces sleep. Nothing is as good as sleep for maintaining cognitive performance and mental acuity. No drugs restore it. There's no substitute. Eventually you've got to go to sleep." 🍀

Karen Fleming-Michael is the public affairs specialist for U.S. Army Medical Research and Materiel Command.

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From the National Oratoricals to the national spotlight

As a high-school junior in Boise, Idaho, Frank Church won the 1941 American Legion National Oratorical Contest with a speech titled "The American Way of Life." The prize provided four years at Stanford University.

After World War II service as an Army intelligence officer, he graduated from Stanford Law School and returned to Boise, where he coordinated Legion oratoricals for his state. He went on to serve four terms in the U.S. Senate and sought the Democratic nomination for president in 1976. He died of cancer in 1984.

Author Alan L. Keyes won the National Oratorical Contest in 1967 and headed into a career of politics, diplomacy, activism and broadcasting, as well as a run for the presidency.

Keyes was elected president of American Legion Boys Nation in 1967 and later earned a Ph.D. from Harvard, writing his dissertation on constitutional theory. He spent 11 years with the State Department and served as a U.N. ambassador during the Reagan administration.

WHERE WORDS COLLIDE

[2006 NATIONAL HIGH SCHOOL ORATORICAL CONTEST]

"If my freedom is the envy of the world, and if countless patriotic Americans have died for it, how much more ought I to be active in civic affairs and informed about our founding documents? The freedoms guaranteed by our Constitution are precious, but they are put at risk when we treat government like a spectator sport."

Nick Elledge of Knoxville, Tenn., 2006 National Oratorical Champion, from his winning speech, "Constitutional Democracy is Not a Spectator Sport."

Every April, The American Legion National High School Oratorical Competition in Indianapolis brings together young men and women who love their country and aren't afraid to talk about it. The program began locally, in Missouri, in the 1930s as a way to cultivate knowledge and appreciation of the U.S. Constitution, along with speaking skills, among high-school students. It went national in 1938.

Participation develops leadership qualities and the ability to think and communicate clearly. It also prepares participants to accept the duties, responsibilities, rights and privileges of U.S. citizenship.

The contest is open to all high-school students, subject to rules established by the Legion's Americanism Commission. Competitors advance through local and state contests run by Legion posts and departments before the final competition coordinated by National Headquarters.



HOW TO PLAN AN ORATORICAL COMPETITION

SEPTEMBER

Posts contact local schools

OCTOBER

Posts develop plans for local competitions

NOVEMBER

DECEMBER

Posts conduct local competitions

JANUARY



"I understand that if I am ever to fulfill my duties and responsibilities as an American citizen, my devotion to the Constitution must be a personal devotion as well as a patriotic devotion."

Terrie Nelson of Goldsboro, N.C., from her 2006 second-place speech, "Why Should We Care?"

Scholarships for finalists

Since its inception, the contest has awarded over \$3 million in scholarships to participants at the national level. It currently awards \$138,000 annually to state-level winners. Thousands of dollars in scholarships have been awarded at post, district and department levels.

At the national competition, participants are awarded scholarships based on the round of competition they complete. All competitors at National receive at least \$1,500 in scholarship money.

FINALISTS

Third place: \$14,000

Second place: \$16,000

Champion: \$18,000

Scholarships may be used at any college or university in the United States. Scholarship funds are provided by The American Legion Life Insurance Fund.

A wealth of resources

The American Legion National Headquarters has several publications, DVDs and other materials to help posts plan, promote and pull off successful Oratorical competitions at the local and state levels.

For dates, sites and deadline information concerning local, district and state-level competition, interested participants and educators can contact their local Legion posts or department headquarters office. More information can also be obtained by contacting:

The Americanism and Children & Youth Division

The American Legion
P.O. Box 1055
Indianapolis, IN 46206
(317) 630-1249

acy@legion.org

www.legion.org

"In today's country, there is no part of the Constitution more commonly invoked by Americans than the First Amendment. However, not only is this amendment frequently used, it is also frequently manipulated."

Katie Dahlinghaus of Minster, Ohio, from her third-place speech, "To Be or Not To Be"

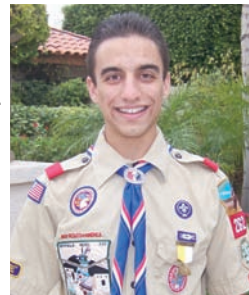


Tom Strattman photos

[BOY SCOUTS]

Eagle Scout of the Year leads by example

Eighteen-year-old **Nicholas Peter Coury** makes a point of leading by example. He has done it through his church's youth ministry, as a participant in the Glendale, Ariz., Community Volunteer Program, and in no



fewer than six different school activities, including cross country and track and field. He serves on the Glendale Youth Advisory Commission, which meets monthly with the city's mayor. The Ironwood High School senior also is The American Legion Eagle Scout of the Year for 2006. A Boy Scout Troop 262 member and straight-A student, he earned a \$10,000 college scholarship for winning the award. The American Legion also recognized with \$2,500 scholarships Eagle Scouts **Paul E. Martin** of Martinsville, Va.; **Matthew Adams Abee**, Murrells Inlet, S.C.; and **Tony C. Tillman II**, Leesville, La.

47

[EDUCATION]

Six receive Legacy Scholarships

Six students will receive \$5,000 college scholarships through The American Legacy Scholarship, an American Legion program to help children of U.S. military personnel who died on active duty since the terrorist attacks of Sept. 11, 2001.

Recipients are **Jennifer C. Clapp** of Salado, Texas; **Bryce Hattamer** of Gwinn, Mich.; **Sean P. Johnson** of Clovis, Calif.; **Cyle E. McNulty** of Southern Pines, N.C.; **Douglas Stein** of Colchester, Ill.; and **Erin Stein** of Colchester, Ill.

Application information is available at www.legion.org or by sending a self-addressed, stamped business envelope to **American Legacy Scholarship, The American Legion, P.O. Box 1055, Indianapolis, IN 46206.**

FEBRUARY

Departments conduct state-level competitions

MARCH

MARCH 9, 2007

Certification of department winners due at National Headquarters

APRIL

APRIL 13-15, 2007

National Oratorical Finals in Indianapolis

[IN MEMORIAM]

Montgomery remembered

American Legion Past National Commander James “Jimmy” Dean, whose friendship with former U.S. Rep. G.V. “Sonny” Montgomery began in



1964, remembers the late House Veterans Affairs Committee chairman as “someone I could talk to

about veterans issues, and he was very supportive of both veterans and The American Legion. I don’t remember a time ever going to him and asking him to do something for the Legion or veterans and having him turn me down. That has to be a record.”

Montgomery, who served in the House from 1967 to 1996 and as chairman of the House Veterans Affairs Committee from 1981 to 1994, passed away May 12 at age 85. He and Dean served together in the Mississippi state senate in 1964.

Montgomery was a Democrat, but his influence spread beyond party lines. “Without question, he was my closest friend in the Congress on either side of the political aisle,” former President George H.W. Bush said.

He is credited for modernizing the GI Bill, which is named in his honor, and making education benefits available to the National Guard and Reserve.

He was a member of Post 21 in Mississippi and served many years on the Legion’s National Distinguished Guests Committee.

[DEPARTMENT OF VETERANS AFFAIRS]

Missing VA database stirs fear of identity theft

VA Secretary Jim Nicholson announced in May that a staff analyst took home, without authorization and in violation of department



policy, electronic data containing names, Social Security numbers, and dates of birth for up to 26.5 million veterans and spouses, as well as some disability rating information. The employee’s home was then reportedly burglarized and the data – which VA claimed did not include financial or medical records – was stolen. The employee was placed on administrative leave pending the outcome of a federal investigation. Authorities said it was possible the perpetrators were unaware of the information they possessed or how to make use of it.

VA contacted The American Legion, along with other veterans service organizations, and is working with members of Congress, the news media and other government agencies to help ensure that those veterans and their families are aware of the situation and of the steps they may take to protect themselves from misuse of their personal information.

If you suspect identity theft

STEP 1: Contact the fraud department of one of the three major credit bureaus.

Equifax

P.O. Box 740241
Atlanta, GA 30374-0241
1-800-525-6285
www.equifax.com

Experian

P.O. Box 9532
Allen, TX 75013
1-888-EXPERIAN
(397-3742)
www.experian.com

TransUnion Fraud Victim Assistance Division

P.O. Box 6790
Fullerton, CA 92834-6790
1-800-680-7289
www.transunion.com

[STATEMENT]

“Disability benefits are and should remain totally separate and subject to separate rules because Social Security benefits are the result of insurance premiums that constitute part of the Social Security tax, and veterans benefits are earned for taking up the burdens of the nation. Veterans subjected themselves to the mental and physical hazards, as well as the economic and family detriments, which are unique to military service.”

American Legion National Commander Thomas L. Bock, speaking in support of Resolution 31, passed at the spring National Executive Committee meetings in Indianapolis. The resolution gives Bock full authority to work with other organizations to block efforts by the Veterans Disability Benefits Commission, which is considering whether or not Social Security Disability Insurance should be included in analyses to determine VA compensation to disabled veterans or their survivors.

Where to find more information

VA sent letters to veterans in May, following the discovery of the stolen files. To keep veterans updated and answer questions regarding the ongoing situation, VA has online support and a dedicated call center.

www.firstgov.gov

1-800-FED INFO (333-4636)

8 a.m. until 9 p.m., Eastern Standard Time, Mondays through Saturdays

Frequently asked questions

How can I tell if my information was compromised?

VA is asking all veterans to be extra vigilant and to carefully monitor bank statements, credit-card statements and any statements relating to recent financial transactions.

What is the earliest date at which suspicious activity might have occurred due to this data breach?

The theft occurred in May.

What can I do to protect myself?

VA recommends that veterans monitor their financial statements and visit the special Web site or call the toll-free number above.

Should I contact my financial

institutions or will VA?

It is unnecessary to contact financial institutions or cancel credit cards and bank accounts unless you detect suspicious activity.

What is VA doing to insure that this does not happen again?

VA is working with the President's Identity Theft Task Force, the Department of Justice and the FTC to investigate the data breach and to develop safeguards. VA will immediately conduct an inventory and review of all current employees requiring access to sensitive data and require them to undergo an updated National Agency Check and Inquiries (NACI) and/or a background investigation.

STEP 2: Close any accounts that have been tampered with or opened fraudulently

STEP 3: File a police report in the community where the identity theft took place.

STEP 4: File a complaint with the Federal Trade Commission:

Identity Theft Hotline

1-877-438-4338

www.consumer.gov/idtheft

Identity Theft Clearinghouse

Federal Trade Commission

600 Pennsylvania Avenue NW

Washington DC 20580

[LEGISLATION]

Lawyering up veteran claims

Since the Civil War, the federal government has restricted attorney representation of veterans seeking resolution to their benefits claims. Two bills – **S. 2694** and **H.R. 4914** – were introduced in the 109th Congress to remove some of those limitations. The American Legion does not oppose lifting restrictions as long as some conditions are met, according to Resolution 26, passed during the spring National Executive Committee meetings in Indianapolis.

The conditions

- Limits on how much lawyers can charge
- Training requirements and/or competency and proficiency certification requirements
- Strict agency oversight to protect veteran claimants

[MILESTONE]

*We hold these truths
to be self-evident
That all men are created equal
that they are endowed by their
Creator with certain
unalienable Rights
that among these are
Life, Liberty
and the pursuit of
Happiness.*

*The unanimous Declaration
of Independence of the
13 United States of America,
in Congress, July 4, 1776*

[VERBATIM]

"I can probably sing it with a group. If I was in a group, I would sing it."

U.S. Rep. Robert Aderholt, R-Ala., when ABC's "Nightline" team asking tourists and elected officials on Capitol Hill if they can sing the National Anthem

"I'm not that good."

Rep. Ron Kind, D-Wis., when asked if he could sing the National Anthem

"I'm on the phone with my wife."

Rep. Robert Ney, R-Ohio, waving away reporters who were asking if he could sing the National Anthem

"I can't sing."

Sen. Kay Bailey Hutchison, R-Texas, when asked

"I am like 61 percent of Americans. If I had to get up and recite the national anthem, I would fail miserably."

Sen. Lindsey Graham, R-S.C.

"I don't think that will be a problem."

A soldier in the 3rd Infantry Division, the Old Guard, who, when asked to sing the National Anthem, gathered four others in a semicircle and, according to "Nightline," sang the best rendition of the day

Mysteries of MS

VA researchers strive to find answers.

BY DR. JOEL KUPERSMITH

Few diseases are as baffling to scientists as multiple sclerosis. Part of the reason may be the unpredictability and variability of this nervous-system disorder. MS affects about 400,000 Americans, including some 26,000 veterans in the care of VA.

No two people experience MS in the same way. The list of possible symptoms is long and varied, including vision problems, muscle wasting, loss of coordination, nerve pain, bowel and bladder dysfunction, digestive trouble, sexual problems and mood swings.

Fortunately, many people with MS do manage to lead active, fulfilling lives, and researchers are drawing closer to major advances in treating it.

MS is considered an autoimmune disease in which the body attacks its own tissues through the immune system. What triggers the response is unknown.

What scientists do know is that MS eats away myelin, the waxy protective sheath around nerve fibers. Demyelinated nerves sometimes do grow back their protective myelin, and this may contribute to remission. More often, lost insulation is replaced with scar tissue.

Treatment depends on the MS subtype but often involves an injectable drug called beta-interferon. Chemotherapy, corticosteroids and other drugs may be used, depending on symptoms, but exercise, physical therapy and good



Creatas

nutrition almost always play a vital role.

Research on MS is moving at a fast pace at VA sites in Baltimore, Portland, Ore., Seattle, West Haven, Conn., and other cities. Animal studies led by Dr. Stephen Waxman at the West Haven VA and Yale University have shown that transplanting certain cells into the brain or spinal cord can regenerate axons – the part of the nerve cell that relays messages – and restore their myelin coating.

Joel Kupersmith, M.D., is chief research and development officer for the Veterans Health Administration.

This article is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

MS subtypes

Because of variables, MS progresses in different patterns:

Relapsing-remitting.

The great majority of early-stage MS patients experience unpredictable attacks, during which symptoms worsen, followed by months to years of relative quiet.

Secondary progressive.

Most people who initially have relapsing-remitting MS will eventually enter this phase, which is characterized by gradual but steady worsening of the disease.

Primary progressive.

About one in 10 patients will experience a gradual decline after their first attack, with no remissions at all.

Progressive relapsing.

This form of the disease follows a progressive course from the outset but is punctuated by periodic attacks.



[VETERANS AFFAIRS]

A billion vital signs

80,000 Number of vital signs – data such as temperature, blood pressure, pulse, weight and pain levels – entered per hour during busy times in VA's computerized patient-records system

995 Number of vital signs entered in one minute during the morning of April 19, 2006

1,000,000,000 Total number of vital signs entered into the system, as of April 19, 2006, since VA began consistently storing that information electronically in 1990

5,300,000 Approximate number of veterans treated at VA health-care facilities in 2005 alone

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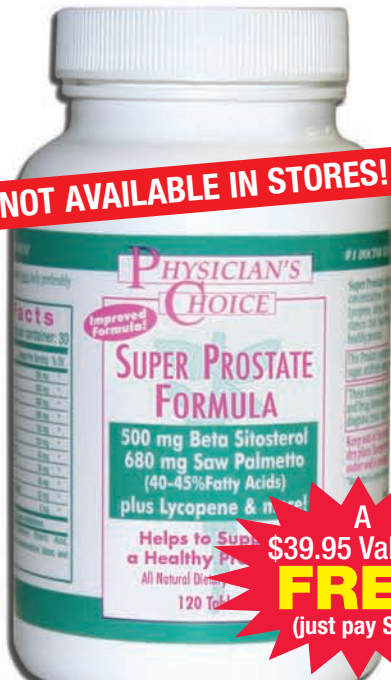
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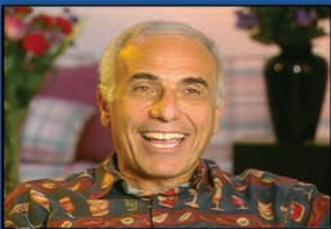
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—Sam Azar



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—Evelyn Hoffer



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† Individual results may vary. These results may not be typical.

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[ACTIVE DUTY]

Osprey liftoff planned for 2007



The Marine Corps intends to deploy its MV-22 Osprey into combat zones by February 2007. A training squadron of the controversial helicopters – which can fly as a helicopter or a propeller-powered plane – is now based at Marine Corps Air Station New River in North Carolina. The innovative tilt-rotor aircraft has

drawn fire from critics because of its \$19 billion price tag and safety concerns. Osprey development accidents have killed and injured dozens of personnel.

Still, the Marines say they need the Osprey in part because the USMC's aging CH-46E helicopters are so worn they can't carry a full payload. The Osprey flies faster and up to five times further, while carrying more payload, than the CH-46E.

[OPERATION IRAQI FREEDOM]

Six Flags over Baghdad?

The war in Iraq rumbles on, but that isn't stopping visionaries from thinking big about Iraq's future. In the region surrounding the ancient city of Babylon, local leaders and international developers are planning to turn the ruins of war and history into a tourist attraction, *The New York Times* recently reported.

Emad Lafta al-Bayati, the mayor of Hilla, told the *Times* he wants "restaurants, gift shops, long parking lots." He even envisions a Holiday Inn in the area.

Development officials have noted that some sort of theme park could be developed somewhere in the history-rich region. The United Nations' Philippe Delanghe told the *Times* that "cultural tourism could become Iraq's second-biggest industry, after oil."

[BY THE NUMBERS]

China syndrome

Pointing out "an incestuous relationship between the state and major industries," Minxin Pei, director of the China Program at the Carnegie Endowment for International Peace, notes:

140,000 Average number of China's "party officials and members caught in corruption scandals each year of the 1990s"

5.6 Percentage of those caught who were criminally prosecuted

170,850 Number of party apparatchiks who were implicated in scandals

2.9 Percentage who were prosecuted

81 Percentage of CEOs appointed by the party to run China's state-owned industries

And *The Washington Times* reports:

200 Number of shoulder-fired missiles equipped with launching hardware that a corrupt Chinese general, in league with a corrupt state-run company and a corrupt customs official, attempted to smuggle into the United States in an \$18 million deal that was foiled by an FBI sting operation



[CONGRESS]

Environmentally unconscious

In the April 27 *Washington Post*, Dana Milbank exposed the disconnect between what some members of Congress say about high gas prices and what vehicles shuttle them around Capitol Hill. Among the many observations, Milbank noted the senators who left the Capitol after lunchtime votes for the short drive across the street to their offices and their vehicles:

Sen. John Sununu, R-N.H.	GMC Yukon	14 mpg
Sen. Jim DeMint, R-S.C.	Nissan Pathfinder	15 mpg
Sen. Ben Nelson, D-Neb.	Ford Explorer (eight-cylinder)	14 mpg
Sen. Dianne Feinstein, D-Calif.	Lincoln Town Car	17 mpg
Sen. Edward Kennedy, D-Mass.	Chrysler minivan (idling)	18 mpg
Evan Bayh, D-Ind.	Dodge Durango V8	14 mpg
Sen. Richard Lugar, R-Ind.	Toyota Prius hybrid	60 mpg

Also waiting were three Suburbans, a Nissan Armada V8, two Cadillacs and a Lexus. On the other side of Capitol Hill, as House Republicans discussed gas prices that week, the House driveway was jammed with cars, many idling, including eight Chevrolet Suburbans (14 mpg).



Image Zoo

[IMMIGRATION]

"We got 2 stay together and protest against the new law that wants 2 be passed against all immigrants. We got 2 show the U.S. that they aint (expletive deleted) with out us."

Words on a flyer used during U.S. immigration-policy protests, written by Rudy Rios, a JV high-school baseball coach in Houston. He lost his coaching job after the principal learned Rios encouraged students to skip school to attend immigration protests. He was allowed to keep his other position, teaching English as a second language.

Source: *The Houston Chronicle*

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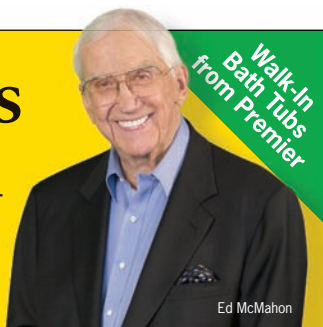
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4701

Puerto Rico player takes award

A standout both on and off the baseball field was recently named the 2005 George W. Rulon American Legion Player of the Year. Jose "Fernando" Irizarry Montero of Guaynabo, Puerto Rico, was presented the award by National Vice Commander James Hall on May 15 during the Hall of Fame baseball game in Cooperstown, N.Y.

Irizarry, who earned a \$2,000 Gatorade Scholarship, also was the Puerto Rico American Legion Player of the Year and the Southeast Regional Player of the Year. He played for Legion Post 76 in Cidra, Puerto Rico, and received the 17th Roberto Clemente San Juan Region Award. He was selected for the department American Legion All-Star Game and also selected by Major League Baseball scouts to play in the "Tournament of Excellence."

A graduate of Academia Del Perpetuo Socorro, Irizarry maintained a 3.5 grade-point average and was accepted to the University of Massachusetts, where he was recruited to play catcher.

Off the diamond, Irizarry has performed volunteer work at Proyecto CREARTE at San José Public Housing, tutoring housing-project boys in mathematics. At Hospital del Niño, he works with children, and at Notre Dame Summer Camp he's a camp volunteer for children with low-income resources. He also volunteers at Las Lomas Summer Baseball camp.



Legion National Vice Commander James Hall, left, and Hall of Fame President Dale Petroskey, right, honor Irizarry in Cooperstown, N.Y.

Regional tourneys set to go

American Legion Baseball regional tournaments take place Aug. 10-14. The top team from each regional event advances to the 80th American Legion World Series, scheduled for Aug. 17-22 in Cedar Rapids, Iowa.

Northeast (Brockton, Mass.)
Vermont, New Jersey, New Hampshire, Massachusetts, Rhode Island, Connecticut, Maine

Mid-Atlantic (Newburgh, N.Y.)
New Jersey, Delaware, Virginia, Maryland, New York, West Virginia, Pennsylvania

Southeast (Deland, Fla.)
North Carolina, Georgia, South Carolina, Puerto Rico, Florida, Tennessee, Alabama

Mid-South (Crowley, La.)
Texas, Mississippi, Kentucky, Oklahoma, Louisiana, Missouri, Arkansas

Great Lakes (Evansville, Ind.)
Illinois, Minnesota, Ohio, Michigan, Indiana, Wisconsin, Pennsylvania

Central Plains (Aberdeen, S.D.)
Minnesota, North Dakota, Iowa, Kansas, South Dakota, Nebraska, Wisconsin

Northwest (Casper, Wyo.)
Idaho, Washington, Nebraska, Alaska, Wyoming, Oregon, Montana

Western (Albuquerque, N.M.)
Nevada, Utah, California, Hawaii, Arizona, New Mexico, Colorado

[MEMBERSHIP]

Top Legion recruiters win seats at the Indy 500

American Legion district commanders in three categories accelerated their membership efforts and won expenses-paid trips to see the Indianapolis 500 in May. They were winners in the Legion's annual "Race to the Top" which rewards commanders whose districts or counties, as of March 31, showed the greatest percentage increase over the previous year. First place is an Indy 500 vacation, including round-trip airfare, first-class hotel accommodations, dinner with

national officers, a tour of National Headquarters and two race tickets. Second-place received a \$500 award, and third a \$375 award.

"These leaders knew exactly what they needed to do," said



AP

Randall Mitchell, chairman of the National Membership & Post Activities Committee. "They

led their districts to form effective membership teams in all of their posts and used those teams to foster an atmosphere of growth."

Topping the field

Category I

1. Nevada District 5
Commander Paul Bretz
2. Virginia District 13
Commander Lewis Field

Category II

1. Louisiana District 5
Commander William Windham
2. Virginia District 5
Commander Frank Carr
3. South Carolina District 14
Commander Peter Zebrowski

Category III

1. Texas District 6
Commander Wayne Basden
2. Illinois District 14
Commander Terry Ludwig



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Q: Dear Steffanie,

For the past year, I've been having some confidence issues. It's really dragging me and my relationship with my wife down. I wanted to try some pills but with all the potential side effects and the embarrassing doctor visits, I was hoping to find something safe and effective that I could just buy directly. In your judgment, is there anything else out there that could help me with my problem?

Jason M.
Manhattan Beach, CA

A: Well Jason,

The verdict is in and I just happen to have the perfect answer to boost you and your confidence, while giving your wife the time of her life...repeatedly!

For months my husband was feeling the exact same way you were and then, one night, we shared the most phenomenal experience, EVER. I had never seen him more excited

and powerful. He took control right from the start and the feelings we shared together were totally mind-blowing. And, here's the best part, every time since that night, he just keeps getting better and better. It's amazing! I can't get enough of him now!

Finally, the other day, my curiosity took over. I had to know what brought about this drastic change. So, I asked him. To my shock, he handed me a tube of Maxoderm™. I just didn't believe this product Maxoderm was actually what's making him feel fuller and more virile. I did a little research and was surprised by what I found.

Maxoderm IS Sexual Performance. Recommended by a **Leading Urologist**, it's the only all-natural, fast-acting topical lotion designed to instantly enhance erection quality and virility, while intensifying our pleasure for the ultimate experience. Since 1998, men have had the option to turn to prescription drugs. But with embarrassing doctor visits required and even worse the potential side effects that's been in the news recently,

more and more men are searching for safe alternatives that work. To my "intimate" knowledge, Maxoderm's targeted delivery system **immediately and effectively** reaches the desired area directly upon application, maximizing absorption, resulting in a performance to be proud of each and every time. I am a huge (and grateful) fan of Maxoderm. And, trust me, I know my husband is too!

You can check out Maxoderm by calling **1.800.448.3086** or going to **www.maxoderm.com**. I know they offer **RISK FREE TRIALS** and even give a **FREE MONTH SUPPLY** with your order. Oh and best of all, Maxoderm is backed by a 90 Day Money Back Guarantee. You can't beat that!

Delightfully Yours,
Steffanie Seaver
Steffanie Seaver

A \$60 Value
FREE
*See Reader's Note

READER'S NOTE MAXODERM RISK FREE OFFER

"We know that once you try Maxoderm you'll never want to go without it again - it's that simple. We have over a **97% Customer Satisfaction Rate** to back that up. We're so confident that we're giving an unheard of **90-Day Full Money Back Guarantee!** Order 2 tubes Risk-Free Today and we'll throw in a third tube for **FREE**, and **FOR A LIMITED TIME**, you can still get **\$100 worth of Free Gifts** with your order that are yours to keep - no questions asked. Just call **1-800-448-3086** or visit **www.maxoderm.com**. You have nothing to lose and everything to 'gain'!"

—John R. MacKenzie, Executive Vice-President, Barmensen Labs

Individual results may vary. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. AL0706



[MEMBER BENEFITS]

Exclusive travel discounts for Legion

A partnership between American Legion Travel and nuTravel, Inc., gives American Legion family members many options for world-wide travel, to places such as Hawaii, Mexico, the Caribbean and Mediterranean Seas, Europe and Australia.

The travel service offers online and offline leisure travel benefits and exclusive discounted rates on vacation packages, flights, hotels, rental cars, vacations and cruises. Members can call a dedicated American Legion Travel Call Center for assistance when booking trips or vacations.

Airfare rates to the Legion's 2006 National Convention in Salt Lake City are also available on the Web site.

Reservations: (800) 676-1004

Cruises: (800) 881-7442

www.americanlegiontravel.com

[LEGIONNAIRES IN ACTION]

Department of Alaska:

Members of Alaska's Western District dug deep during their 50th convention in Ninilchik, raising \$7,000 for children's programs. The department also raised \$1,501 for the National Emergency Fund.

Post 111, Tampa, Fla.: Recent renovations mark the beginning of a post revival. Post leaders say the improvements are attracting new members, including younger veterans.

The post remodeled the kitchen, replaced the roof, added a fence and new landscaping. Area businesses donated equipment and labor.

Future plans include car shows as well as community events in the post's ballroom, bingo hall and lounge.

Saturday nights feature ballroom dancing.

"We're trying to make this a community place like it was in the '60s," says Post 111 Commander Dennis Scruggs.

Post 111, which opened in 1934, "used to be a happening place," said executive board member David Toll, a Vietnam War veteran and retired firefighter. "We're trying to put it back on the right track."



Brush with death inspires post project

Last May, Legionnaire Paul Beauregard of Plaistow, N.H., survived a heart attack because a local police officer had an automatic external defibrillator in his squad car. AEDs are small, user-friendly machines that produce electrical stimulation to restore the heart's natural rhythm. Police said if an AED had not been at the scene, Beauregard would have died.

Inspired, thankful members of Beauregard's post, **Carl G. Davis Post 34** in Plaistow, purchased defibrillators for the town hall, the city library, the senior citizen center and for the post.

The post continues to collect funds for additional AEDs for the community.

[AMERICANISM]

High praise for educational flag DVD

After viewing "For Which it Stands," educators were asked by The American Legion's Americanism division to participate in a survey. Some comments:

"Two gentlemen from The American Legion came to our classroom and showed the DVD, folded the flag, and talked about the flag's history, symbolism and respect of the flag. My students enjoyed the presentation! Excellent!"

LeAnne Dehmer, St. Michael Elementary, St. Michael, Minn.

"Excellent! Generated good discussion."

C. McIlvain, Den Leader, Boy Scout Pack 421 Wolf Den, Laurel, Mont.

"Patriotism is such an important part of our American culture. Thank you for sharing the importance of respect for our country and its symbols."

Wendy DiStefano, teacher, Bostian Elementary School, China Grove, N.C.

"Superb video! Some videos about this subject are dry and boring – not this one! It made an impression on our students."

Jane Huff, teacher, Bueker Middle School, Marshall, Mo.

"I've worked a number of years with Boy Scouts and learned respect and love of our nation's emblems. I am glad to have this aid for teaching my students."

Melissa Vonallmen, teacher, Cabool Middle School, Cabool, Mo.

"For Which it Stands" can be ordered through American Legion Emblem Sales: (888) 453-4466 or www.legion.org, click on "Shop Emblem Catalog"



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Pharmacists now armed with a powerful new weapon that delivers real joint comfort

Luck of the draw gives readers 7 days to be the first to get the new pills

Scientists and doctors have developed an amazing new oral tablet called Trigosamine. It's so impressive that one key ingredient has the ability to retain fluid up to 1000 times its own weight, with the potential to increase lubrication for the joints allowing them to move with ease.

"Using Trigosamine is like taking a can of oil and applying it directly to your joints" said Dr. Joseph Dietz, Chief of Health Sciences.²

And thanks to the luck of the draw, readers of this publication will be among the first to get it. That's because this area has already been assigned a toll free Regional Health Hotline, but the catch is the hotline is set to close in just 7 days.

"We recommend that readers call now to get their share first," said Matthew J. Woods, Director of The Regional Health Hotline.

"Right now we're shipping out everything we have on a first come first served basis. We may not be able to meet everyone's demands as word continues to spread across the country," he said.

Trigosamine contains one of the most promising joint nutrients known to man. Researchers refer to it as HA13.

This important nutrient is a building block of naturally occurring joint oil which is medically known as synovial fluid. This fluid reduces friction in the joints allowing for effortless motion.¹ It not only lubricates the joints but it also acts as a comfortable shock absorber.

"As the body ages the production of synovial fluid declines which forces the joints to grind together resulting in nagging discomfort," Dr. Dietz said.

"HA13 has been shown to be absorbed into the body and made available to the joints. That means it has the potential to replenish the ultra slippery synovial fluid which allows joints to slide freely and smoothly,"¹ said Dr. Dietz.

Now for the first time ever the Trigosamine brand combines HA13 with the essential blend of Glucosamine and Chondroitin.

It has been clinically shown that this essential blend of glucosamine and chondroitin helps to build healthy cartilage in the joints and allows for increased flexibility and range of motion. This impressive combination works to alleviate uncomfortable joint dysfunction which results in amazing comfort.¹

A clinical study conducted by the United States government found that glucosamine and chondroitin, similar

to those present in Trigosamine, had a remarkable 79.2% effective rate for those with moderate to severe joint discomfort.

It was also announced at The American College of Rheumatology² meeting that the combination of glucosamine and chondroitin showed promise among persons with moderate to severe discomfort.

"The clinical trials have been consistent. The essential blend like the one present in new Trigosamine has been proven safe and is extremely effective," Dr. Dietz said.¹

One of the reasons Trigosamine is receiving so much attention is because it is derived from natural sources. The ingredients are combined to make a revolutionary new formulation that is taken orally just once a day without a prescription.

The tough part now is how to get it. "Everybody wants it," Woods said.

"The first drugstores to get this new formula couldn't keep it on the shelves."

That makes the next 7 days so critical for all of the readers. Those who get through to the Regional Health Hotline before the deadline will get Trigosamine sent directly to their homes.

Otherwise, those who miss the deadline and everybody else living in other parts of the country will be hard pressed to get it.

So, even with the clock ticking readers still have the advantage of being among the first to get their hands on this new medical breakthrough. □

Here's how to get it

The national distribution of new Trigosamine is being conducted under the strict control of a 7 day deadline. Until all pharmacies are fully stocked, readers are authorized to have it sent directly to their homes by calling The Regional Health Hotline now.

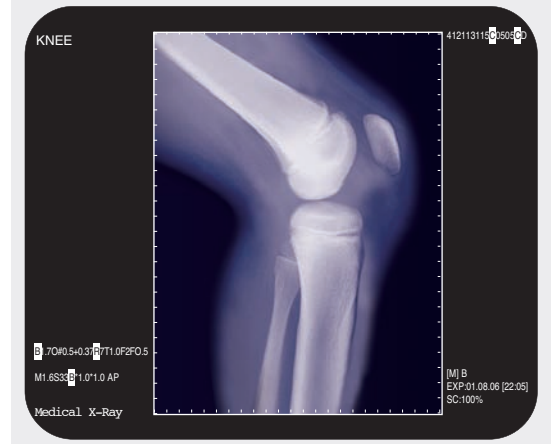
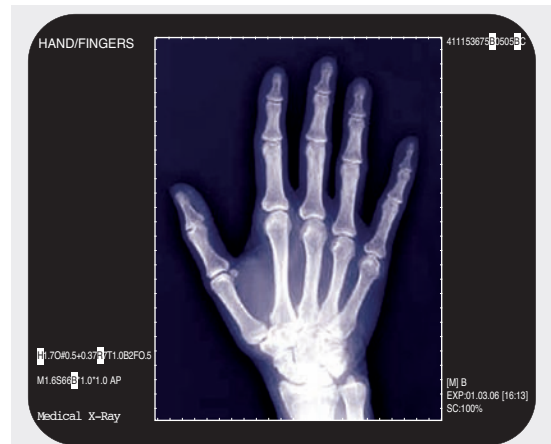
PHONE LINES OPEN:
at 9:00 am today

PHONE LINES CLOSE:
in just 7 days

REGIONAL HEALTH HOTLINE:
1-800-782-8750

APPROVAL CODE FOR THIS AREA:
TG650

IMPORTANT: If you miss the 7 day deadline you will be turned away. Otherwise, you need to wait for a future public announcement giving your local area approval to call.



□ **HEALTHY JOINTS:** Diagnostic x-rays reveal human joints that have the proper amounts of synovial fluid to lubricate the joints and act as a comfortable shock absorber. The plentiful fluid allows for comfortable and effortless motion.

HOW Trigosamine™ WORKS

Trigosamine is a once daily oral tablet with a mechanism of action with three powerful joint nutrients put into place to provide comfort.

1. Hyaluronate-HA13™:

This remarkable compound is present in the body's synovial fluid which acts as a shock absorber and makes the joints extremely slippery allowing them to slide smoothly over one another.¹

2. Glucosamine Hydrochloride-GH15: ...

This clinically proven compound helps build and maintain cartilage to reduce joint dysfunction.¹

3. Chondroitin Sulfate-CS12:

Clinically proven compound helps improve flexibility and promotes increased range of motion.¹

Trigosamine

² Dr. Joseph C. Dietz, PhD currently conducts full-time joint care and nutraceutical research on Trigosamine™ for PatentHEALTH, LLC. Statements herein are based upon published public information and do not imply affiliation, sponsorship or endorsement of Trigosamine™ by the American College of Rheumatology. PO0178 OF00522R-1 Source: ©PatentHEALTH 2006

¹ THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

How to Submit a Reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to *The American Legion Magazine*, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206, fax (317) 630-1280 or e-mail reunions@legion.org.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are published free of charge.

Due to the large number of reunions, *The American Legion Magazine* will publish a group's listing only once a year. Notices should be sent at least six months prior to the reunion to ensure timely publication.

Other Notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim. Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name,

telephone number and e-mail address. Send notices to *The American Legion Magazine*, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206, fax (317) 630-1280 or e-mail reunions@legion.org.

The magazine will not publish the names of individuals, only the name of the unit from which you seek people. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. This does not include a member's own Paid-Up-For-Life membership. Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to *The American Legion Magazine*, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206.

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to *The American Legion Magazine*, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206. Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE/ARMY AIR FORCES

8th Ftr Bomb Grp (All Eras), Wichita, KS, 9/7-9, John H. Wagaman Jr., (417) 682-2175, noraw5636@sbcglobal.net; **12th Bomb Grp**, Falls Church, VA, 9/14-18, Mary Bushnell, (651) 739-0051, mhbushnell@aol.com; **12th TFW & 12th FTW**, Falls Church, VA, 9/14-18, Wilbur Anderson, (919) 736-3711, wanderson6@nc.rr.com; **13th AF Vets Assn (All Units)**, Dayton, OH, 10/11-14, Phil Dyer, (231) 843-9597

28th Wing & Support Grps (Ellsworth AFB), Rapid City, SD, Al Leenkecht, (605) 348-7244; **57th Bomb Wing Assn (WWII) - 12th Bomb Grp (81st, 82nd, 83rd, 434th Bomb Sqdns)**, 310th Bomb Grp (379th, 380th, 381st, 428th Bomb Sqdns), 319th Bomb Grp (437th, 438th, 439th, 440th Bomb Sqdns), 321st Bomb Grp (445th, 446th, 447th, 448th Bomb Sqdns), 340th Bomb Grp (486th, 487th, 488th, 489th Bomb Sqdns), 346th & 324th Service Sqdns & 308th Sig Wing Bn, Herndon, VA, 10/12-16, Bob Evans, (317) 247-7507

309th Ftr Sqdn (WWII), St. Louis, 7/10, Dalton Smith, (201) 385-4950; **312th Bomb Grp (L) Assn**, Duluth, MN, 9/10-13, Clyde Newton, (218) 245-3970, cgnewt@grandrapidsmn.com; **329th Ftr Interceptor Sqdn (ADC) (George AFB, CA)**, Reno, NV, 10/24-26, Jim Geddes, (808) 742-6908, geddesj001@hawaii.rr.com; **381st Bomb Grp**, Washington, J. Waddell, (608) 222-4591, jkwadd@aol.com

416th Bomb Grp, Louisville, KY, 8/10-13, Ralph Conte, (573) 817-9247; **417th Night Ftr Sqdn**, Reno, NV, 9/12-15, Richard Ziebart, (269) 429-0208, ilzrhz@ameritech.net; **463rd Bomb Grp (Foggia, Italy)**, Denver, Sept, Art Mendelsohn, (818) 790-3722; **485th Bomb Grp**, Columbia, SC, 10/19-23, Lynn Cotterman, (505) 823-2283, lyncott@juno.com

501st & 526th Tact Control Grps - 501st HQ & HQ Sqdn, 807th Tact Control Sqdn, 601st, 602nd, 603rd, 604th, 615th & 616th AC&W Sqdns, 943rd Forward Air Control Sqdn, 555th Sig Aircraft Warning Bn & Surviving Spouses, Ron Anderson, (701) 293-5473, halron117@aol.com; **508th Air Refueling Sqdn**, Fort Worth, TX, 9/28-30, Roy Livesay, (937) 754-1090, rlivesay@sbcglobal.net; **610th, 618th, 850th AC&W Sqdns**, 527th ACW Grp & 43rd Air Div Southern Japan Radar Grp, Pigeon Forge, TN, 9/25-28, John Rosso, (661) 832-6036, godfather1501@hotmail.com; **815th Troop Carrier Sqdn/Airlift Sqdn**

(Ashiya-Tachikawa, Japan, Biloxi, MS, C-119-C-130, Korea & Vietnam), Tacoma, WA, 9/7-10, George Radovich, (360) 427-7696, georgerado@comcast.net; **B-66 Dest Assn (All Personnel)**, San Antonio, 10/4-7, Jim Milam, (817) 545-3554, jimmilam@aol.com; **FTMA 7330th Flying Tng Wing (MAP) (Furstenfeldbruck, Kaufburen & Landsberg AFBs, Germany, 1953-1960)**, Hot Springs, AR, 10/4-8, Tom Hotman, (501) 915-8365, tghotman@hsnp.com

Oxnard AFB (All Years), Colorado Springs, CO, 9/14-17, Joe Potter, (719) 488-3954, jpotters@aol.com; **P-47 Thunderbolt Jug Pilots**, Reno, NV, 10/8-10, Dorothy Roush, (623) 214-9214; **Pilot Class 1957-G (Moore AB)**, 11/5-8, Lee Zuker, (206) 817-3575, leez33@msn.com;

ARMY

1st Cav Div C Co 2nd Bn 5th Cav (Vietnam, 1965-1972), St. Louis, 10/6-8, James Machin, (630) 587-6450, burgertogo@msn.com; **1st Eng Cbt Bn**, Pigeon Forge, TN, 9/10-12, Brian Juneau, (828) 265-9450, nose4news@hotmail.com; **1st FA Obsn Bn Assn (WWII & Korea)**, Springfield, IL, 10/5-8, Ralph F. Mueller, (724) 348-5359, lrcrjm@verizon.net; **4th Inf Div CA Chpt**, Fresno, CA, 10/13-15, Manuel Roman Jr., (916) 427-8156, docrjr@sbcglobal.net

5th AAA Bn (1949-1958), El Paso, TX, 10/18-21, T.R. Zimmerman, (303) 369-1157, jntedzn@aol.com; **11th AAA**, Sioux Falls, SD, 8/19-20, Ed H. Lamers, (605) 694-2788, edhlammers@hotmail.com; **11th Spec Forces Grp Abn**, Fort Meade, MD, 8/12, Pete McDermott, (410) 544-3083, petermcd1@comcast.net; **14th Armd Div**, Schaumburg, IL, 9/6-10, Harold Kiehne, (608) 785-1931

15th Constabulary Sqdn, Nashville, TN, 9/28-30, Ray Saldi, (301) 384-1168, salldidog@comcast.net; **24th Inf Div Assn**, Indianapolis, 9/20-23, Wes Morrison, (831) 883-2156, wesm8@aol.com; **26th Inf 1st Div "Blue Spaders" (Baumholder, Germany, 1958-1960)**, Aurora, IL, 10/5-8, Stan Rzeminski, (630) 466-7439, rzem58@juno.com; **39th AAA AW Bn (1948-1957)**, Branson, MO, 10/1-4, Kenn Hampton, (719) 636-2532

65th Field Hosp, Nashville, TN, 9/16-18, Dwaine R. Lewis, (951) 676-8541; **73rd AAA AW Bn (SP)**, Fredericksburg, VA, 9/19-23, Ray Webb, (540) 775-0452; **97th Div 303rd Inf 2nd Bn**, Milwaukee, 9/7-10, George Novak, (262) 835-1344, geornov@aol.com;

100th Inf Div, Richmond, VA, 9/15-18, Roland Giduz, (919) 942-2194, rgiduz@nc.rr.com; **104th Timberwolf Inf Div**, Cincinnati, 8/28-9/4, Glen E. Lytle, (316) 636-5334, ghlyt1@aol.com; **109th Eng Cbt Bn, 34th Div (WWII)**, Rapid City, SD, 9/7-9, Clarence C. Carsner, (605) 343-2708; **114th Eng Cbt Bn (1950-1953)**, Dayton, OH, 10/6-8, Bill Harris, (937) 434-6470, goldenwheat1@juno.com; **118th Inf Rgt 2nd Bn E Co (Germany, 1945)**, J.E. Green, 3913 Pardee Ave., Dearborn Heights, MI 48125

138th Cbt Eng Bn, Springfield, IL, 10/5-8, Ferris Cook, (816) 792-2622, cferris24@aol.com; **153rd Trans Co (CA, Enwetok & Fort Lawton, WA, 1948-1952)**, Reading, PA, 9/3, John G. Dunkelberger, (610) 929-1972; **194th Cbt Eng Bn (All Cos, Korea)**, Laughlin, NV, 10/2-5, Bob Sanford, (401) 766-8262, boblorsan2@aol.com; **242nd FA Bn**, Kearney, NE, 8/20, C. Robert Anthony, (308) 324-2791, mjanthony@cozadtel.net

276th Armd FA, Chattanooga, TN, 9/7-10, Richard A. Clevenger, (765) 935-2655, racleve43@wmconnect.com; **299th Eng Cbt "Brotherhood of Dak to Defenders" (Vietnam)**, Reno, NV, 7/28-29, David Swanson, (253) 373-1913, abnbea@comcast.net; **313th Rgt 79th Cross of Lorraine Div**, Baltimore, 9/13-17, Joseph M. Napoli, (410) 668-8469; **338th Inf Rgt Cbt Team Assn 85th Div**, Branson, MO, 9/14-17, Ken Fosbenner, (215) 257-3872

503rd Abn Inf Rgt (Fort Campbell, KY & Warner Kaserne, Germany), Branson, MO, 10/2-5, Tom Anderson, (815) 218-1254, tom503air@charter.net; **534th, 708th, 715th & 773rd Bns "Amphibians."** Rockford, IL, 9/21-24, Dennis Neal, (815) 497-2200, enviropac@cin.net; **630th Eng Light Equip (Korea)**, Branson, MO, 9/10-13, Oscar Viehland, (636) 285-4402, oguccv@ruralcom.net

790th QM Reclamation & Maint Co, Appleton, WI, 9/23, Clarence Smits, (920) 738-0503, cgsml@juno.com; **801st Eng Avn Bn (SCARWAF)**, Myrtle Beach, SC, 10/12-14, Bill Dowd, (563) 569-8291; **820th Eng Avn Bn (EAB) (Beale AFB, 1953-1954)**, Athens, AL, 10/6-7, Robert Schamber, (713) 473-5015, schamber@pdq.net; **1108th Eng Cbt Bn, 48th Eng C Bn, 235th Eng C Bn, 21st Ita lian Eng C Bn (Att), 255th Eng C Bn, 337th Eng C Bn, 401st Eng C Bn, 1029th Eng Treadway Bridge Co, 3rd Plt 2916th Eng Camouflage Co, 4th Plt 2916th Eng Camouflage Co**, Port Huron, MI, 9/7-10, Scott Curier, (810) 765-7226

Black Listed Cancer Treatment Could Save Your Life

Baltimore, MD— As unbelievable as it seems the key to stopping many cancers has been around for over 30 years. Yet it has been banned. Blocked. And kept out of your medicine cabinet by the very agency designed to protect your health.

In 1966, the senior oncologist at a prominent New York hospital rocked the medical world when he developed a serum that **"shrank cancer tumors in 45 minutes!"** 90 minutes later they were gone... Headlines hit every major paper around the world. Scientists and researchers applauded. Time and time again this life saving treatment worked miracles, but those with a vested interest ignored the research and hope he brought and shut him down.

You read that right. He was not only shut down—but also forced out of the country where others benefited from his discovery. That was over 39 years ago. How many other treatments have they been allowed to hide? Just as in the case of Dr. Burton's miracle serum these too go unmentioned.

Two-Nutrient Cancer Breakthrough...

Decades ago, European research scientist Dr. Johanna Budwig, a six-time Nobel Award nominee, discovered a totally natural formula that not only protects against the development of cancer, but people all over the world who have been diagnosed with incurable cancer and sent home to die have actually benefited from her research—and now lead normal lives.

After 30 years of study, Dr. Budwig discovered that the blood of seriously ill cancer patients was deficient in certain substances and nutrients. Yet, healthy blood always contained these ingredients. It was the lack of these nutrients that allowed cancer cells to grow wild and out of control.

By simply eating a combination of two natural and delicious foods (found on page 134) not only can cancer be prevented—but in case after case it was actually healed! "Symptoms of cancer, liver dysfunction, and diabetes were completely alleviated." Remarkably, what Dr. Budwig discovered was a totally natural way for eradicating cancer.

However, when she went to publish these results so that everyone could benefit—**she was blocked by manufacturers with heavy financial stakes!** For over 10 years now her methods have proved effective—yet she is denied publication—blocked by the giants who don't want you to read her words.

What's more, the world is full of expert minds like Dr. Budwig who have pursued cancer remedies and come up with remarkable natural formulas and diets that work for hundreds and thousands of patients. *How to Fight Cancer & Win* author William

Fischer has studied these methods and revealed their secrets for you—so that you or someone you love may be spared the horrors of conventional cancer treatments.

As early as 1947, Virginia Livingston, M.D., isolated a cancer-causing microbe. She noted that every cancer sample analyzed (whether human or other animal) contained it.

This microbe—a bacteria that is actually in each of us from birth to death—multiplies and promotes cancer when the immune system is weakened by disease, stress, or poor nutrition. Worst of all, the microbes secrete a special hormone protector that short-circuits our body's immune system—allowing the microbes to grow undetected for years. No wonder so many patients are riddled with cancer by the time it is detected. But there is hope even for them...

Turn to page 82 of *How to Fight Cancer & Win* for the delicious diet that can help stop the formation of cancer cells and shrink tumors.

Six-time Nobel Nominee's Two-Nutrient Cancer Breakthrough Revealed

They walked away from traditional cancer treatments...and were healed! Throughout the pages of *How to Fight Cancer & Win* you'll meet real people who were diagnosed with cancer—suffered through harsh conventional treatments—turned their backs on so called modern medicine—only to be miraculously healed by natural means! Here is just a sampling of what others have to say about the book.

"We purchased *How to Fight Cancer & Win*, and immediately my husband started following the recommended diet for his just diagnosed colon cancer. He refused the surgery that our doctors advised. Since following the regime recommended in the book he has had no problems at all, cancer-wise. If not cured, we believe the cancer has to be in remission."

—Thelma B.

"I bought *How to Fight Cancer & Win* and this has to be the greatest book I've ever read. I have had astounding results from the easy to understand knowledge found in this book. My whole life has improved drastically and I have done so much for many others. The information goes far beyond the health thinking of today."

—Hugh M.

"I can't find adequate words to describe my appreciation of your work in providing *How to Fight Cancer & Win*. You had to do an enormous amount of research to bring this vast and most important knowledge to your readers.

My doctor found two tumors on my prostate with a high P.S.A. He scheduled a time to surgically remove the prostate, but I canceled the appointment. Instead I went on the diet discussed in the book combined with another supplement. Over the months my P.S.A. has lowered until the last reading was one point two."

—Duncan M.

"In my 55 years as a Country Family Physician, I have never read a more 'down to earth,' practical resume of cancer prevention and treatments, than in this book. It needs to be studied worldwide for the prevention of cancer by all researchers who are looking for a cure."

—Edward S., M.D.

"As a cancer patient who has been battling lymphatic cancer on and off for almost three years now, I was very pleased to stumble across *How to Fight Cancer & Win*. The book was inspiring, well-written and packed with useful information for any cancer patient looking to maximize his or her chances for recovery."

—Romany S.

"I've been incorporating Dr. Budwig's natural remedy into my diet and have told others about it. Your book is very informative and has information I've never heard about before (and I've read many books on the cancer and nutrition link). Thanks for the wonderful information."

—Molly G.

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13th FIS (Selfridge AFB, MI, 1953-1955), Jared B. Potvin, (503) 636-3417, potco@uswest.net

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552nd Arty Grp (Sogel, Germany, 1963-1966), Michael Thomson, (702) 873-5535, michaelt4445@yahoo.com

582nd Med Amb Co Sep (Wilkins Barracks, Korwestheim, Germany, APO 154, 1956-1957), Richard Bloemke, bloemkepharmacy@kalnet.com

610th QM Graves Registration Co (France, 1944-1945), Bill Siebert, (785) 827-5603

820th Opns Sqdn (Plattsburg AFB, NY, 1956-1958), Herbert L. Andrew III, (410) 822-4794, handrew@tcfl.org

933rd AC&W Sqdn (Iceland, 1956-1987), William Chick, (803) 932-9596, littlechick@msn.com

6332nd Air Installation Sqdn, 19th AB Grp (Kadena AB, Okinawa, 1952-1954), Harold Roaden, (317) 273-8565, hbroaden@aol.com

6925th Sec Grp (Philippines & Vietnam, 1962-1965), Bill Byrd, (727) 849-9393

9108th Tech Serv Unit, Army Graves Registration (Fort Lee, VA & AK, 1948), Harry Fogle Sr., (321) 269-3229

A Co 62nd Eng Bn (France, 1961-1962), Paul S. Reynolds, (541) 746-7202, paulreynolds2546@aol.com

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Eldridge Colston, Dept. of Oklahoma. Nat'l Veterans Preference Cmte. Memb. 1965-1966, Nat'l & Homeland Sec. Cncl. Vice Chmn. 1966-1967, Dept. Cmdr. 1967-1968, Nat'l Econ. Cmsn. Memb. 1968-1969, Nat'l Exec. Cmte. Memb. 1969-1971, Nat'l Econ. Liaison Cmte. Chmn. 1969-1971, Nat'l Distinguished Guests Cmte. Vice Chmn. 1979-1993 and Nat'l Legis. Cncl. Memb. 1993-1994.

Chester Philips, Dept. of West Virginia. Dept. Cmdr. 1955-1956, Nat'l Alt. Exec. Cmte. Memb. 1975-1977, Nat'l Contest Supervisory Cmte. Memb. 1964-1981, Nat'l Counter-Subversive Activ. Cmte. Memb. 1981-1982, Nat'l Distinguished Guests Cmte. Memb. 1956-1957 and 1971-1975, Nat'l Housing Cmte. Memb. 1961-1963, Nat'l Legis. Cncl. Memb. 1977-1978 and 1979-1980, Nat'l Mbrshp. & Post Activ. Cmte. Memb. 1954-1955 and Nat'l Vice Cmdr. 1977-1978.

Rev. Henry L. Reinewald, Dept. of Michigan. Nat'l Legis. Cncl. Memb. 2001-2002.

Elias Lee Valenzuela, Dept. of Arizona. Nat'l Mbrshp. & Post Activ. Cmte. Memb. 1972-1973 and 1976-1978, Nat'l Foreign Relations Cncl. Memb. 1975-1979, Nat'l Legis. Cncl. Memb. 1979-1986, Dept. Cmdr. 1979-1980 and Nat'l & Homeland Sec. Cncl. Vice Chmn. 1981-1983.

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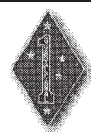
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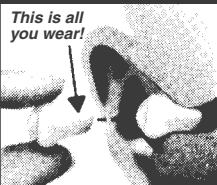
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"GAS PRICES, aren't they crazy? It's so expensive that rats are carpooling in from New Jersey." – David Letterman

A LITTLE GIRL walked into the bathroom while her mother was applying her makeup. "I'm going to look just like you, Mommy!" she announced.

"Maybe, when you grow up," her mother told her.

"No, Mommy, tomorrow. I just put on that Oil of Old Lady you always use."

A MAN TOLD HIS WIFE he'd invited a friend over for dinner that evening. "Are you crazy?" she asked. "The house is a mess, I didn't go shopping, the dishes are dirty, and I don't feel like cooking a fancy meal."

"I know all that," he replied.

"Then why did you invite a friend for dinner?"

"Because the poor fool's thinking about getting married."



"Henderson's a spineless, sniveling sycophant – but he's still not ready for promotion."



"I have an idea. Let me just give you \$60 and skip the formalities."



"Take two whenever you can get the cap off."

THE PATROL OFFICER stopped a motorist for a traffic violation. Standing outside his expensive foreign car, the red-faced driver frantically waved his hands and jumped up and down. "I'll have your job for this!" he shouted at the top of his lungs.

"Sir, you wouldn't want my job," replied the unruffled officer as he wrote out the citation. "The hours are long, the pay is low, and you meet some of the nastiest people."

WHILE ON A CAR TRIP, an old couple stopped at a roadside restaurant for lunch. The old woman left her glasses on the table but didn't miss them until they were back on the highway. The old man fussed and complained as he drove all the way back to the restaurant. When they finally arrived, and the old woman got out of the car to retrieve her glasses, he said, "While you're in there, you may as well get my hat, too."



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